

The Morning Calm Weekly

Volume 3, Issue 18

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March 4, 2005

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6th Cav Soldiers strive for excellence during Spur Ride

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USFK amends curfew policy

USFK Public Affairs

YONGSAN— Curfew hours were adjusted and the policy amended Tuesday throughout U.S. Forces Korea. Changes are routinely made when appropriate, as part of a continuous assessment process.

Effective immediately, off-installation curfew for all USFK servicemembers is midnight to 5 a.m. Sunday through Thursday, and from 1 to 5 a.m. on Friday, Saturday and holidays (holidays include U.S. national holidays, USFK training holidays and U.S.-observed ROK holidays).

The previous curfew, implemented Oct. 8 of last year, was in effect between midnight and 5 a.m. every day. Between Sept. 23 and Oct. 7, the curfew hours had been amended to 9 p.m. to 5 a.m.

The new curfew also removes civilians, including Department of

Defense civilians, DoD-invited contractors and Status of Forces Agreement-status family members, from mandatory compliance, although they are still highly encouraged to adhere to the curfew hours. Civilians, not included in the pre-September 2004 curfew, were included under mandatory compliance in the curfew implemented Sept. 23 of last year because of the nature of a specific threat.

The curfew changes reflect the latest readiness and force protection assessments, analysis of general and specific threats, inputs from a variety of expert and leadership advisors, and consideration of numerous other factors such as quality of life impact for all SOFA-status personnel.

Within the broad context for these changes, the command also weighed

See **Curfew**, Page 4

A Bolder Shoulder



SPC. STEPHANIE PEARSON

Sgt. Kim Byung-jin, Headquarters and Headquarters Company senior KATUSA (left) shows the new Korean flag patch to Cpl. Han Sang-yong (center) and Cpl. Baek Ki-woon. Korean Augmentation to the U.S. Army Soldiers are now authorized to wear the patch sewn on the right shoulder of the battle dress uniform, where American Soldiers wear the U.S. flag patch. KATUSA Soldiers will be issued the patches as their units receive them.

Live webcast connects general to Korean public

By 1st Lt. Tom Wenz

USFK Public Affairs

YONGSAN — Combined Forces Command Commander, Gen. Leon J. LaPorte, welcomed tough questions from the Republic of Korea's "netizen" public here, in a live internet panel discussion Feb. 23.

The webcast featured a panel of six reporters representing three prominent ROK Web sites that focus primarily on military issues, and was moderated by Yu Yong-Weon of the Korean Web site Military World. Panelists asked a variety of questions covering hot topics from the transformation of United States Forces Korea to the now self-disclosed North Korean nuclear capabilities claim.

The discussion was carried live on Chosun.com and the USFK dual-language Good Neighbor Web site, with more than 28,000 viewers tuning in during the webcast. Thousands more have tuned in after the fact, and the broadcast can still be viewed at www.usfk.or.kr by clicking on the Internet



STAFF SGT. DOUGLAS MITCHELL

Gen. Leon J. LaPorte responds to a question during a live internet webcast at the Yongsan Hartell House Feb. 23. The webcast is available for viewing at www.usfk.or.kr.

Discussion banner or at <http://bemil.chosun.com>. The streaming video is not available in the Army's Korea Wide Area Network.

"I think it's important for both the Koreans and the Americans to reach out and engage one another in candid dialogue," said LaPorte. "It's programs of this nature that allow us to better communicate with each other. The USFK servicemembers work very hard performing their rolls and tasks, which is the security of the Republic of Korea. They also work very hard being good neighbors with the Korean people."

The general said the possibility of North Korea possessing nuclear weapons is a serious threat to the international community and should concern everyone.

"Nations should work together in harmony, and work together using diplomatic means in order to solve problems," said LaPorte. "The cry throughout the international community to North Korea is to come back to the six-party talks, and use dialogue as a means to solve this problem."

One major issue of concern to the Korean public

See **Webcast**, Page 4

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ At 1:50 p.m., Feb. 22, the Military Police station was telephonically notified of an assault consummated by a battery. Investigation by Korean National Police revealed that at the time, date and location of the report Subject One struck Subject Two in the arm with a vehicle ice scraper. Subject One was transported to the MP station by the military police, where he rendered a written statement denying the above offense. KNP was notified of the incident and declined further investigative perview. Subject One was escorted off post and Subject Two was released. This is a final report.

■ At 12:10 a.m. Feb. 19, the MPs were notified of an assault consummated by batter. Investigation disclosed that Subject One and Subject Two were involved in a verbal altercation, which turned physical when Subject One struck Subject Two with a closed fist causing a minor cut to the lower lip. Subjects One and Two were apprehended and transported to the Provost Marshal's Office for further processing. Subject Two was transported to the Troop Medical Clinic, treated and released. Subject One was given a series of Field Sobriety Tests, which were passed. Subject One was then transported to the TMC where he was given a command-directed blood alcohol test, with results pending. At 2:45 p.m. Feb. 19, Subject One was released to his unit. Subject One was advised of his rights, which he waived, attesting to the incident. This is an alcohol-related incident. Investigation continues by MPI.

■ At approximately 4 p.m. Feb. 21, MPs were notified of a larceny of Army and Air Force Exchange Service property. Investigation disclosed that a subject was observed via closed circuit television placing one bottle of Jim Beam alcohol in his backpack and exiting the PX without rendering proper payment. The individual was detained by AAFES security until the MPs arrived. The subject was apprehended and transported to the PMO where he was advised of his legal rights, which he waived, attesting to the incident. The subject was further processed and released to his unit. This is a final report.

Infantry not the only ones worthy of award

By Sgt. Jacob Boyer

Fort Eustis Public Affairs

There's been a debate going on for quite some time as to who exactly deserves to wear the Combat Infantryman Badge. The CIB has long been an award given to infantrymen who tested their mettle on the front lines in our nation's wars.

But since the beginning of the Global War on Terrorism, the front lines aren't as clearly defined. Soldiers who signed up to be tankers, engineers, artillerymen and cavalry scouts have all found themselves in heavy fighting, and many have found themselves performing infantry duties on the battlefields of Iraq and Afghanistan.

Many have begun expressing the opinion that they should be eligible for the CIB just like any 11 Bravo.

I'm not necessarily one who agrees with that notion, but I do agree it is about time to find some way to recognize those among us who have

fought and suffered every bit as much as any infantryman.

Last week, the Army announced the creation of the Close Combat Badge, an award that will recognize armor,

"It is time for these Soldiers to be recognized for doing a job they never thought they'd have to do, and doing it well."

cavalry, field artillery and combat engineer Soldiers, colonel and below, who served as infantry in units purposefully reorganized to routinely conduct infantry-unique close combat missions and personally present and under fire while conducting those types of missions.

The badge will be awarded to all Soldiers who have met the criteria since Sept. 11, 2001, and it will begin to be awarded in March.

It is time for these Soldiers to be

recognized for doing a job they never thought they'd have to do, and doing it well.

Many of them, accustomed to firing shells from Abrams tanks and Paladin howitzers, have had to learn new skills on the job in a place where on-the-job training isn't necessarily something you want to look into.

The award holds them up to close to the same standards established for the CIB, but as a separate badge, it takes nothing away from the CIB.

If we're all Soldiers, and we're all supposed to be proficient in our Soldier skills and ready to fight just like any infantryman, it makes sense that those who find themselves doing an infantry job in a unit that's been tasked to perform infantry functions should be recognized with an award.

Like I said, it shouldn't be the CIB. It never should have.

That award is something special to the men who have signed up for the Army's toughest job.

They went through the Army's toughest training, and they deserve an award that sets them apart as the Soldiers best prepared to do the work of seizing and holding ground, the Army's primary function.

The CCB doesn't take anything away from them, but it does add a little motivation for those who are fighting right alongside them, in mostly the same ways as them.

(Editor's Note: Sgt. Boyer is editor of the Fort Eustis Wheel.)



MCW Submissions

Send Letters to the Editor, story submissions and other items to MorningCalmWeekly@korea.army.mil.

Submissions should include all pertinent information, as well as a point of contact name and telephone number. All items are subject to editing for content and to fit Associate Press Style.

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Support and Defend

NEWS & NOTES

ACAP Computer Update

The Army Career and Alumni Program has completed the installation of the ACAP XXI, 7.0 computer update. As a result, all clients will need to have an Army Knowledge Online account with user name and password to log into the ACAP computer system. For information call 738-7322 or your local ACAP Office.

Scholarships Available

The Alpha Phi Alpha Fraternity, Inc., Mu Phi Lambda Chapter will award scholarships to deserving high school seniors in the Republic of Korea. Scholarships will be awarded based on the application, written essay, transcript, interview and letters of recommendation from a teacher, administrator, religious or community leader.

Interested high school seniors can contact their guidance counselors at any of the four DoDDS high schools or contact Chris Fland at 011-9671-2264, Larry Fuller at 011-9972-0751, or Wendell Moore at 011-9101-4060. Deadline for submission is March 15.

**Yongsan Commissary
'Dedicated to Quality'**

The Yongsan commissary began the "Dedicated to Quality" program for the 2005 National Frozen Foods Month. As part of the month's activities the Yongsan commissary has unique promotional activities sponsored by C. Lloyd Johnson Company planned for National Frozen Food Month during the month of March. Frozen Foods Month Promotional planning to insure the patron has many opportunities to purchase frozen foods products at spectacular saving. Also, the commissary will have an outstanding event designed to benefit the entire community and customers. There will be many giveaways such as Shopping Sprees, frozen product giveaways and pizza-eating contest beginning at 10 a.m. March 26 in the Yongsan Commissary frozen food section. Everyone is invited to come to see the Yongsan Commissary National Frozen Food Month Display.

Estate Claim Notices

A summary court martial officer has been appointed to oversee the personal effects of Pfc. James Miller VI, who died Jan. 30. Miller was a Medical Services Corps Soldier. Anyone owing debt to, or claiming debt against, the estate should contact Maj. Sylvia Bennett at 768-8858 or sylvia.bennett@korea.army.mil.

A summary court martial officer has been appointed to oversee the personal effects of Daniel O. Jordan, who died Jan. 24. Jordan was a civilian employee working for the 55th TMMC. Anyone owing debt to, or claiming debt against, the estate should contact 2nd Lt. Michael Rosa at 768-8601 or michael.rosa@us.army.mil.

**Information Assurance
Conference**

The first U.S. Forces Korea Information Assurance Conference will be April 19-21 at Osan Air Base. For information or to register for event, visit <https://usfk-ia.korea.army.mil/confmain.htm>.

**Dental assistants
Recognition Week**

Dental Assistants Recognition Week is scheduled for March 6-12. It is a week-long tribute to the commitment and dedication dental assistants exhibit throughout the year. For information, call 736-7629 or e-mail Alvin.Diaz-Cruz@kor.amedd.army.mil.

Instant NCO

New policy enables automatic promotion to sergeant

By Gary Sheftick

Army News Service

WASHINGTON – A shortage of sergeants in some specialties has prompted a new Army policy in which corporals and specialists could be automatically promoted without a board.

Under the Army's semi-centralized promotion policy approved Feb. 23, all eligible specialists and corporals (with 48 months in service and a year in grade) will be placed on a promotion list. Then, if a military occupational specialty falls beneath 100-percent strength at the E-5 level, some Soldiers on the list will be automatically promoted.

The new policy could potentially affect about 19,000 corporals and specialists currently in the active component, according to G1 personnel officials.

"Are we taking away a commander's authority?

Absolutely not," said retired

Sgt. Maj. Gerald Purcell,

G1 personnel policy

integrator for enlisted

professional

development.

Commanders will have the ability to remove a Soldier from the Sergeant Recommended List, Purcell explained, if a Soldier is not trained, or otherwise unqualified.

There will be a 15-day window after the automatic promotion list is generated for commanders to remove names.

"If a Soldier should truly not be a sergeant," Purcell said, "then commanders should stop it."

But he went on to say that in units with E-5 shortages, many specialists are doing the job of a sergeant and deserve to receive the pay and recognition.

Even under the new policy, Purcell said most promotions to sergeant will still go to those who appear before a promotion board.

"The only time anyone is automatically promoted is when all Soldiers who have gone through (board) procedures are promoted and the MOS is still not 100

percent for the E-5 grade," Purcell said.

The new promotion policy should eliminate specialties that historically have a shortage of sergeants, known as Star MOS's, Purcell said.

The Army currently has 31 Star MOS's, ranging from 13F (fire



support specialist) to 98K (signal collection/identification specialist.) Career fields with STAR MOS's include field artillery, aviation, armor, engineer, communications and information systems, signal, psychological operations, fire control, maintenance, chemical, transportation, ordnance, supply and military intelligence.

The Army is currently short 1,549 sergeants in Star MOS's.

In recent months, the number of Soldiers recommended for promotion to sergeant has decreased to just above 10 percent of the eligible population, according to G1 stats. This compares to more than 30 percent of those eligible being recommended for promotion 10 years ago.

"It is the field's responsibility to grow our future leaders," Purcell said. He added that promotions should be based on potential, not just performance.

"We believe you should give a Soldier an opportunity to succeed after four years in the Army," Purcell said. "It's what's right for the Army."

The creation of new brigade combat teams and units of action are adding to the shortage of sergeants, Purcell said. He explained that new units require senior NCOs, accelerating the promotion of mid-grade NCOs, resulting in more E-5 vacancies.

"We need an E-5 promotion for every growth in the NCO structure," Purcell said.

See *Sergeant*, Page 4

Travel card info lost, no evidence of fraud or misuse

By Jim Garamone

Armed Forces Press Service

WASHINGTON – About 900,000 Defense Department employees may be affected by Bank of America's loss and the possible compromise of government travel card information, Pentagon officials said Feb. 25.

The General Services Administration and Bank of America notified DoD that GSA "SmartPay" travel cards are affected. Officials said Bank of America has been monitoring the affected accounts and there has been no evidence of fraud or misuse of the accounts.

Bank of America is sending letters to affected employees.

"Information regarding travel card program accounts for individual card holders has been lost, and it is possible that information has been compromised, though we don't believe that is the case," said Teresa McKay, the Defense Department's deputy chief financial officer.

The U.S. Secret Service is conducting the investigation, with help from the Defense Criminal Investigative Service.

Officials said that although there has been no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

"Indications right now are that it is an accidental event," McKay said. "The bank has been monitoring the accounts involved from the onset, and to date there has been no indication of fraudulent activity."

The information is personal cardholder information — names, Social Security numbers, addresses and account numbers — on magnetic tape. The loss occurred in late December. GSA notified DoD on Jan. 19. McKay said the delay was necessary to protect the integrity of the investigation.

"The bank is in the process of notifying cardholders of the situation," McKay said. "They will be given a special customer service number that

has been set up by the bank specifically for this purpose. If (cardholders) have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them."

McKay added that consumers should always keep an eye on any credit accounts they have. "It's always prudent for any cardholder to monitor their monthly statements (and) dispute any charges they may question, and also it's important for all of us to get a credit report at least once a year and look at the content of that report," she said.

Bank of America has set up a hotline for those affected. The number is (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the 800 number printed on the back of their cards, McKay said. "If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report," she added.

Curfew

from Page 1

concerns over quality of life issues regarding mandatory compliance with the curfew for all civilians.

The USFK rules for the off-installation curfew include:

■ During curfew hours individuals must be on an installation, or in their off-post overnight domicile. They may also travel off post during curfew hours to that domicile if moving directly between from an on-post function or location.

■ For other situations, an extension waiver for curfew may be authorized in writing by the first O-6 in the chain of command for off-installations functions.

■ All SOFA-status persons must continue to comply with off-limits areas/establishments directives.

■ This curfew policy applies to all U.S. military service members on active duty in the Republic of Korea, including those who are on PCS, TDY, pass or leave status.

Webcast

from Page 1

is known to U.S. military members as Strategic Flexibility. The panel indicated that many Koreans fear that this doctrine will pull USFK troops away from the peninsula in case of conflict elsewhere in the region. LaPorte emphasized that the mission of USFK remains the same — defense of the Korean peninsula.

“Let me assure everyone listening that the priority of the United States Forces Korea is the security and defense of the Republic of Korea and that will not change,” LaPorte told the viewers. “I cannot envision the United States Forces Korea taking any course of action that would risk the security of the South Korean people.

Despite other global military commitments, the general stressed his confidence in the Combined Forces Command’s ability to deter any attack if conflict broke out on the peninsula.

“Numbers are not necessarily the most important variable. What I think are most important are the capabilities that both the Republic of Korea military and the United States military have,” he said.

“In times of hostility, I am very confident that we would have the capabilities we need to defeat any threat to the Republic of Korea.”

LaPorte also suggested that the panelists and all Korean people should focus not only on what

USFK brings to the fight, but also the strength and capabilities of the ROK military.

“What I find is that many people, especially many Koreans, forget that there are nearly 680,000 Republic of Korea military in uniform every day, and the Korean people have the ability to mobilize nearly 2 million people very rapidly,” the general said.

“The Republic of Korea military is well trained, well equipped, highly motivated and very capable. I’ve seen militaries throughout the world, but I will tell you, I would stack the ROK military up against any military that exists.”

LaPorte also took questions from the studio audience, a group of about 40 Korean citizens ranging from high school students to grandfathers, all with a common interest in the future of the ROK/U.S. military alliance.

“This is an alliance, and we have complimentary capabilities,” said LaPorte. “So, the strengths of the Republic of Korea are reinforced by the strengths of the United States military.”

LaPorte’s openness was well received as he answered each question from his unique perspective, without getting into specific operational details.

This is the second live internet discussion LaPorte has taken part in. The first was in February 2004.

Sergeant

from Page 4

In any case, Purcell said the new promotion policy should eliminate the shortages. He said it’s a great tool not only to man the Army at the proper grade level, but also to motivate Soldiers.

Soldiers placed on the promotion list automatically, without participating in a promotion board, will only be given the minimum of 350 points. Purcell emphasized that these Soldiers will not be promoted to sergeant unless an MOS falls below 100-percent operating strength and no other Soldiers with more points are available to promote.

Soldiers who want to receive promotion points based on their

actual accomplishments need to go through the promotion board procedures and the processes outlined in AR 600-8-9, Purcell said.

For instance, Soldiers integrated onto the promotion list without a board appearance will not be awarded additional points based on the Airborne promotion advantage.

The Army’s new promotion policy will actually help first sergeants and others in the chain of command to better manage their units, said Sgt. Maj. Reynald Domingo of the Army’s Directorate of Personnel Management, G1.

“I’m just hoping that they’re going to see the goodness in this,” Domingo said.

AD
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ILLUSTRATIONS BY DAVID McNALLY

Good mental health promotes well-being

By JeNell Mattair

2nd Infantry Division Public Affairs

CAMP RED CLOUD – Good mental health and the way a person deals with the stressors in life work hand in hand.

Stress is the wear our bodies endure as we shift and shape to our constantly changing environment.

It has physical and emotional affects on us, and generates constructive or negative feelings.

As a positive pressure stress can help us strive to be our very best. As a negative influence it can result in feelings of hopelessness, rejection, resentment and doubt. This can lead to health troubles such as headache, upset stomachs, sleeplessness, ulcers, high blood pressure, heart disease and stroke.

Physical stress can result from having too much to do, not getting enough sleep, a poor diet or the effects of an illness. Mental stress comes oftentimes from money worries, illness, the death of a loved one or losing a job.

“Unresolved mental health-related problems can wreak all kinds of havoc on our physical health in many ways,” said Capt. Gary Sinclair, Division Mental Health 302nd Brigade Support Battalion. “The two are directly related and thus can both adversely affect the other.”

Stress can also have a positive influence inciting motivation and alertness, providing the stimulation to deal with demanding circumstances, according to officials.

Also, stress can be both physical and mental.

“Good mental health plays an important role in our daily lives,” Sinclair said. “It influences how we interact with others, our outlook on life, coping with stress and our attitude.”

Communication and social support are important to good mental health in several different ways, Sinclair said.

“It is important to have someone listen to your feelings, comfort you and offer encouragement,” he said.

Family and friends can help discuss important life decisions, he added. People who have friends and family for support and communication are much better prepared physically and mentally for adapting and coping with life changes.

Soldiers can relieve stress and promote good mental health by taking the time out of the day to talk to their families more often, said Pfc. David Johnson, Task

Force 1-72.

“Approach any type of situation with a calm and positive attitude,” Sinclair said.

Many times individuals allow themselves to become overwhelmed with a problem and are not able to look beyond the situation.

“Often times, a problem is not nearly as bad if you focus on solutions rather than dwell on the negative.

Practice finding the positive side to every situation,” Sinclair said.

Taking time for yourself is vital. We all need personal time, Sinclair said. This can be meditation, exercising, reading, writing or a favorite hobby.

Studies show physical exercise is one of the best anxiety relievers. Mentally, exercise affords an outlet for downbeat emotions such as frustration, anger and irritability thus encouraging a more optimistic attitude and point of view.

“Spend your time wisely,” said Sgt. John Archer, Task Force 2-9. “Working out and going to the gym (is good for stress relief).”

The American Academy of Family Physicians lists possible signs of stress that indicate outside help may be needed. Anxiety, back pain, depression, fatigue, headaches, high blood pressure, insomnia, upset stomach and significant weight loss or gain may be signs of too much stress and waning good mental health.

“Assistance from mental health professionals can be a type of preventative medicine,” Sinclair said. “If a problem can be identified in the early stage, then it can be addressed and allow the Soldier to continue to be a productive member of a unit.”

If the problem is mild and a specific reason can be identified for what is being experienced then it may be safe for a Soldier to attempt to regain and maintain good mental health on his own, Sinclair said.

However, if the characteristics are prolonged and cause significant distress or impairment in social, occupational or other areas of function, it is time to seek professional assistance, he said.

“Mental health services are always available for Soldiers,” Sinclair said. “Soldiers only need to call the office to make an appointment. If it is an emergency, the Soldier is seen immediately.”

In Warrior Country, the number to mental health service is 730-4304 during duty hours.

Task force cares for Soldiers, community

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

CAMP CASEY – Over the past two months, Task Force 1-72 Armor has been busy caring for its Soldiers and the community with several events designed to enhance readiness and well-being.

In December, the unit sponsored a “Building Strong and Ready Families” training session.

Chaplain (Capt.) Brian Curry, the battalion chaplain, trained married couples in communication and “divorce-proofing” their marriage. The training concluded with an overnight stay in a hotel in Seoul.

“I think it is great that the command actually shows how much they care about families with training events like this,” said one couple.

Another couple said, “this weekend was helpful, educational and a wonderful getaway from the daily grind of living as an Army couple.”

Curry said the overall goal of each event was “to help each Soldier focus on their mental, emotional and spiritual well-being.”

Task Force Commander Lt. Col. Paul Laughlin, said it is important for Soldiers to stay balanced in terms of spirit, mind and body.

Other task force events included:

- prayer breakfast
- tank lighting ceremony
- two ski retreats
- Seoul subway safari

“The NCOs and officers of this unit stay committed to provide opportunities for our Soldiers to be spiritually and emotionally (sound),” Laughlin said.

The most recent event was the spiritual fitness and ski training trip.

One Soldier summed up his comments about the weekend with, “very fun weekend. I am thankful to be under the kind of leadership that allows and encourages events like the ski retreat.”

The unit also focused on caring for the community around it by actively supporting Ae-Shin, a Dongducheon orphanage.

The Soldiers collected nearly \$3,000 to help with winter expenses and extra food costs.

The Ae-Shin director informed Curry the children needed winter coats. Task Force 1-72 Soldiers responded by purchasing over 50 coats for them.

“I truly believe the Soldiers get more out of our relationship with the

NEWS & NOTES

Photography Contest

Creative Cuts Framing Shop is sponsoring an Area I photography contest. Soldiers and civilians can submit photos for competition in three categories: Korean culture, the Soldier's Creed and Travel. There is a \$7 submission fee for each photo entered, and the submission deadline is April 21. Photos can be submitted at Creative Cuts or the Camp Red Cloud Community Activities Center. For information, call 732-7355.

Comedy Show

The Morale, Welfare and Recreation show "Comedy ROKs with MWR," featuring comedians Tommy Davison and David Alan Grier, will perform tonight at Camp Casey's Primo's and at Camp Red Cloud's Mitchell's Saturday. Both shows will begin at 8 p.m.

Hot Stuff Pizza Delivers

Camp Red Cloud's Hot Stuff Pizza, located inside the CRC Lanes Bowling Center, now provides food delivery services to camps Red Cloud and Jackson. For orders, call 732-6458 or 732-9008 between 11:30 a.m. and 10 p.m.

Supervisory Development Courses

The Civilian Personnel Advisory Center is offering the Human Resources for New Supervisors course March 7-11 at the CPAC classroom, Bldg. T-909. The CPAC is also offering the Leadership Education and Development Course May 23-27 at the Camp Casey Education Center. Completed DD Form 1556 and IDP must be submitted by April 29. For information, call 732-9060.

International Women's Day

The USO will host its 3rd annual International Women's Day ceremony at the Warrior's Club on Camp Casey March 16 at 11:30 a.m.

FAST Class

The Camp Red Cloud education center is holding a FAST class for GT-score improvement 8 a.m. to 5 p.m. March 21-25. Interested Soldiers must take the pre-test of adult basic education, which is offered at 8 a.m. every Monday in the education center. Registration for this class ends March 18.

Avril Lavigne Concert

Rock singer Avril Lavigne will perform at the Conference and Olympic Park Stadium in Seoul March 23. The community activities centers on camps Red Cloud and Stanley have tickets for sale for this event. Ticket price includes round-trip transportation provided by the CAC. Tickets are limited; contact the CAC for prices and availability.

Golf Tournament

Camp Casey Better Opportunities for Single and Unaccompanied Soldiers will host a night-time golf tournament April 1 at Camp Casey. For information, call 730-3338.

Fun Run/Walk

In recognition of Child Abuse Prevention Month, Area I Army Community Service's Family Advocacy Program will sponsor a 5K fun run/walk April 16 to promote healthy family lifestyle. The run will start at 9:30 a.m. at the Camp Hovey Physical Fitness Center. Participants are encouraged to wear a blue ribbon symbolizing child abuse awareness. For information, call 732-7180.

City honors departing troops

By David McNally

Area I Public Affairs

CHUNCHEON — Gangwon province and Chuncheon city officials honored departing Camp Page Soldiers with an unprecedented farewell event Feb. 22.

"It was awesome," said Maj. Steven Morris, 1st Battalion, 2nd Aviation Regiment executive officer. "They didn't have to do any of this, but they treated us to gifts and a phenomenal traditional and modern musical presentation."

About 600 U.S. Soldiers made the trip to the Chuncheon Music and Cultural Center, where Korean performers treated the group to a show.

"It was outstanding because the show they put together was so professionally done," said Joe Bell, Camp Page installation manager. "It was first class."

Korean officials presented each American with a large, heavy coin specially forged for the event. The inscription reads, "Camp Page will be in Chuncheon citizen's hearts forever. In appreciation of serving for over 50 years."

Bell said every Soldier he talked to was astonished by the event.

During his time at Camp Page Morris said he always felt part of the Chuncheon community.



COURTESY PHOTO

Korean performers entertain Camp Page Soldiers Feb. 22 at the Chuncheon Music and Cultural Center. Korean officials gave each departing Soldier a gift.

"You hate to leave a place where they treat you like this," Morris said. "You walk down the street and see the Koreans nod to you with admiration."

Bell said Camp Page has always had a tight relationship with the local community.

"The sentiment of the Soldiers here is we're a major part of this community," Bell said. "It's a sad feeling to leave."

Camp Page Soldiers have tutored

local youth in English, assisted in disaster relief from typhoons, helped Korean farmers with the harvest and opened the installation gates for guided tours and community relations events.

Bell said U.S. forces are now preparing for the next big landmark, the March 30 departure ceremony.

"The Army is about change for the better," Morris said. "We will embrace our new community in Wonju the same way."

See City, Page 8

Area I AER campaign kicks off

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP RED CLOUD — The Army Emergency Relief annual fund-raising campaign began Tuesday.

The campaign, which runs from March 1 to May 15 each year, is an opportunity for Soldiers to give back to the community, said John Coachman, Area I AER officer.

"During the year, AER provides relief when Soldiers need it. If Soldiers continue to contribute, then AER will be around for many years to continue helping them," Coachman said.

The Army Emergency Relief was created in 1942 by the secretary of war and the Army chief of staff to provide emergency relief to Soldiers and their families, according to their Web site, www.aer.org. Since then, it has provided more than \$837 million in relief to over 2.9 million people.

AER provides assistance through grants and interest-free loans.

Because it is a private, nonprofit organization, AER does not receive any of its funds from the government, said Coachman. That is why it's so important for Soldiers to donate.

"If we didn't have our campaign, our funds would be depleted," Coachman said. "And in order to keep our tax-exempt status, we need to maintain one-third of our income through donations."

To start the campaign, there will be a kick-off event March 14 at the Army Community Services classroom here, said Sgt. 1st Class Gary Wiley, 2nd Infantry Division plans and operations noncommissioned officer-in-charge and this year's campaign coordinator. All Area I brigade-level representatives will attend to get their fund-raising materials and learn about the purpose of the campaign, he said.

There are 43 Area I units participating this year. The

representatives will be responsible for collecting donations within their units.

Coachman said Area I units raised \$286,000 during last year's campaign.

"The goal this year is to exceed last year's contributions," Wiley said.

To aid in achieving this goal, banners and signs will be posted around Area I camps, and commercials urging people to contribute will be aired on the commander's channel.

"I think we can do it," Coachman said. "We've lost a lot of Soldiers to deployment, but we're going to do the best we can."

Wiley said their strategy this year is to put out information about the AER program. He hopes once Soldiers see how the program can help them, they'll be motivated to contribute.

"The money they donate goes right back to the Soldiers," Wiley explained.

"It's used to help defray the cost of emergencies. It's Soldiers helping Soldiers — giving back to our own."

Soldiers can donate in several ways. Their unit representatives will collect cash, checks and money orders during the month-and-a-half campaign. They also will have allotment forms on hand for Soldiers who wish to set up monthly allotments to contribute.

But the campaign isn't just about getting donations, Coachman added.

"It's also to get the information about the program out there, to make Soldiers and family members aware that the program is available to them," he said.

Soldiers should contact their unit representatives for information.



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Camp Stanley NCO wins 42-inch plasma television

By David McNally

Area I Public Affairs

CAMP STANLEY— The first sergeant said he had never won anything in his life. That all changed as this Camp Stanley senior noncommissioned officer became one of the luckiest troopers on the peninsula.

“My command sergeant major called me and told me I’d won,” said 1st Sgt. Kenneth Guillermo, Battery C, 6th Battalion, 37th Field Artillery Regiment. “My heart jumped.”

Guillermo won a \$3,000 42-inch widescreen plasma television and a \$300 gift certificate for signed sports memorabilia in an Exchange New Car Sales “Super Kickoff” drawing.

The grand prize was a trip to Las Vegas to see Celine Dion perform a “halftime” show. The second prize was a Quarterbacks of the Century signed football helmet.

“It looks to me like you got the best prize,” Col. Jeff Christiansen, Area I commander told Guillermo at the presentation ceremony Feb. 25 in front of the New Cars Sales building.

Guillermo’s entire battery of Soldiers agreed as they clapped enthusiastically for their top noncommissioned officer.

“After we get this to my hootch, everybody’s invited to watch some movies with me tonight,” Guillermo told his troopers.

When Guillermo first heard he had won, he immediately wondered if it was true.



PHOTOS BY DAVID McNALLY

First Sgt. Kenneth Guillermo, Battery C, 6th Battalion, 37th Field Artillery Regiment, (right) speaks to his Soldiers Feb. 25 at Camp Stanley.

“Coincidentally, my cousin is also a first sergeant on Camp Stanley,” he explained.

Guillermo’s cousin is 1st Sgt. Galileo Guillermo, Battery D, 1st Battalion, 38th Field Artillery. But as luck would have it, Kenneth Guillermo was the winner of the drawing.

“It was a fluke,” Guillermo said. “It just goes to show you should take the time to enter drawings.”

Guillermo said about 80 percent of

his Soldiers attended the Camp Stanley Community Activities Center to watch Super Bowl XXXIX.

“We gave away a lot of prizes then too,” said Bill Ozborn, Camp Stanley Exchange New Car Sales program representative. “We were trying to get everyone to enter for the Kickoff Drawing.”

Ozborn said there was no catch to

See **Television**, Page 8



First Sgt. Kenneth Guillermo puts a hand on his new \$3,000 42-inch widescreen television. He also won a \$300 gift certificate.

Health clinics offer way out for smokers

By David McNally

Area I Public Affairs

CAMP CASEY — The warriors gathered around the table with one goal in mind: kicking their tobacco habit.

“I’m from California,” said Spc. Robert Haynes, 2nd Infantry Division. “In California, smoking is nearly unheard of now. No one I know back home smokes.”

Haynes said smoking is against the law in many buildings and restaurants in his home state. When he joined the Army 2 years ago, he was not a smoker.

“It was tough getting into the swing of things,” Haynes said. “I think people pick up smoking as a chance to get away. Because if you smoke and say, ‘I’ve got to take a smoke break,’ nobody ever says no. But, if you don’t smoke and say, ‘I want to take a break,’ they send you back to work.”

Haynes soon found himself with a pack-a-day habit. He attended a smoking cessation class at the Camp Casey Health Clinic May 14, 2004.

At the time, Haynes said he wanted to give it up.

“While I was home on leave it was easy not to smoke because I was never around smokers,” Haynes said. “But, once I came back it was hard.”

Haynes said he quit for about two months, but soon found himself smoking again.

He said wherever he went he could smell tobacco, and it triggered the desire for a cigarette.

“I suppose that goes to show I have a weak constitution, but I actually somewhat enjoy the taste of tobacco,” Haynes said. “I just don’t like everything



DAVID McNALLY

Camps Red Cloud and Casey health clinics conduct weekly smoking cessation classes, which offer prescription treatments to help Soldiers kick their tobacco habit.

that goes with it.”

For Haynes, the class wasn’t a success, but rather a step toward quitting tobacco.

Smoking cessation classes are part of an Army-wide program to aid Soldiers interested in becoming tobacco free.

Area I health clinics also offer medical treatments designed to help people kick the habit. Training is only part of the package.

“In Warrior Country, I estimate we have a 62-

percent success rate among the smokers who have responded to our surveys,” said Kenneth Cobb, Area I health promotion coordinator.

Through products like nicotine patches and chewing gum, and even oral medication, Warrior Country health officials said they feel they offer a viable path to quit smoking.

Cobb offers the two-hour class weekly at camps Casey and Red Cloud. He also teaches the class

See **Smokers**, Page 8

Soldiers from Page 5

orphanage than Ae-Shin does,” Curry said. “You should see how the Soldiers respond to the children. It represents everything that is good about our country.”

Over the next few months TF 1-72 plans to continue its focus on caring

for its Soldiers and community with many more events.

“The NCO and officer leadership of this task force will remain fully committed to genuinely care for our team and community,” Laughlin said.

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Smokers from Page 7

whenever units request it.

“What is it the tobacco industry doesn’t tell you about tobacco?” Cobb asks the Soldiers in his class. “What they don’t tell you is just by virtue of giving up tobacco you will avoid the single leading cause of preventable death.”

Cobb reminded the Soldiers they only get one body in this life, and they should treat it well.

“You don’t want to lose your health and independence,” Cobb tells his classes. “To be successful at giving up tobacco, you’re going to have to reach inside of yourself.”

Cobb’s classes highlight the medical facts about the effects of tobacco on the human body. He also emphasizes the challenges of changing human behavior.

“I know everyone here is going to stop their tobacco habit, because it’s

the right thing to do,” Cobb tells the Soldiers. “Everybody in this room can be successful.”

Haynes said he has pondered going to the cessation class again before he leaves Korea.

“It would be great if I didn’t ever want a cigarette again,” Haynes said. “The Army offers this, and I don’t have to pay anything. Why not take advantage of the program?”

“Nobody’s going to be over you to threaten you to stay away from tobacco,” Cobb said. “But, if you can give up tobacco, you can’t help but feel good about yourself.”

The Camp Red Cloud Health Clinic class is offered 10 a.m. - noon every Tuesday. At the Camp Casey Health Clinic the same class is presented every Friday at the same time. Call 730-3542 for information.

E-mail david.mcnally@us.army.mil

City from Page 6

The 1st Bn., 2nd Avn. Regt., will depart Camp Page and move to Camp Eagle in Area III.

Bell said Chuncheon city officials told him they plan to construct a park and museum in the near future to remember the U.S. installation.

“The city and Camp Page have had a long lasting relationship,” Bell said. “The city is now looking toward the challenge of the future.”

Camp Page is located on the northwest side of Chuncheon. It is a tourist city surrounded by lakes, mountain trails and Buddhist temples.

The 157-acre base has been home

to U.S. forces since the Korean War.

Camp Page was named in honor of Lt. Col. John Page. The military awarded Page the Medal of Honor and the Navy Cross for Gallantry while serving with Marine units during the breakout from the Chosen reservoir in 1950.

Bell said he looks back at the history and relationship with a strong attachment to the base and the Korean people that surrounded it.

“The city treated us like heroes that day,” Bell said. “Not one Soldier was disappointed.”

E-mail david.mcnally@us.army.mil

Television from Page 7

entering the Exchange New Car Sales drawing.

“You didn’t have to buy a vehicle to win a prize,” Ozbirn said.

Guillermo said he purchased several new DVDs to try out on his new home theater.

“I still can’t believe it,” he said. “I’ve never won anything before.”

“We also ran several Super Bowl giveaways in our Area I food court events Feb. 7,” said Ron Daugherty, Army and Air Force Exchange Service Northern Region general manager.

Daugherty said they gave away a first prize of a 27-inch television, a second prize of a DVD player and a third prize of a portable CD player at three Super Bowl events at camps Casey, Stanley and Red Cloud.

A portion of every dollar spent in the exchange goes back into the community

through Morale, Welfare and Recreation programs, Daugherty explained.

E-mail david.mcnally@us.army.mil

AAFES Food Court Super Bowl Door Prize Winners

Camp Casey

1st Prize Spc. Andre Nash
2nd Prize Spc. Brandon Delong
3rd Prize Pvt. Joshua Shaw

Camp Stanley

1st Prize Staff Sgt. Richard Joseph
2nd Prize Spc. Barker Corey
3rd Prize Gerald Keener

Camp Red Cloud

1st Prize Master Sgt. JD Liebrock
2nd Prize Pfc. Recardos Shaffer
3rd Prize Spc. Kevin Johnson

AD
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*keepin' it
legal*

Capt. Rochelle M. Howard

Filing taxes: Assistance centers simplify process

If you have not filed your taxes yet, it is probably because you are trying to figure what documentation you need, what Internal Revenue Service form to use or maybe even which deductions and credits you should take. You may be getting different advice from your co-workers, your friends and maybe even from those people that actually read the Publication 17.

The Yongsan Tax Center can make filing 2004 taxes easy. They can answer any questions you may have, provide any necessary forms needed, prepare tax returns and, in most cases, file the return electronically to the IRS for individuals.

Here are the answers to some of those frustrating questions.

What is considered income?

The IRS defines gross income to include "income you receive in the form of money, goods, property and services that is not exempt from tax. It also includes income from sources outside the United States (even if you exclude all or part of it)." The IRS does not include social security benefits in gross income. Another indicator of income is if you receive a Form W-2 from the IRS. This indicates that an employer has told the IRS that they paid you for services you provided to them. For you -- this means income.

Do I have to file a tax return?

You must file a tax return if you are a citizen of the United States (or a resident of Puerto Rico) and you are:

- Single and have a gross income of \$7950 for 2004;
- Married filing jointly and have a gross income of \$15,900 combined;
- Married filing separately and have a gross income of \$3,100; or
- Head of Household and have a gross income of \$10,250.

These are the general filing requirements. However, if you have a special circumstance that does not fit above, you may have different requirements.

See **Center**, Page 12

Far East District Hosts the Engineers Day at Seoul American High School

By Kim Chong-yun

Far East District, Public Affairs

YONGSAN — In conjunction with National Engineers Week, Feb. 20-26, the Far East District U.S. Army Corps of Engineers hosted an annual Engineers Day at the Seoul American High School auditorium Feb. 24. National Engineers Week has been celebrated throughout the United States since 1951 and is dedicated to enhancing public understanding and appreciation of the engineering profession.

Since 1997, the Far East District annually has presented an Engineers Day Program at SAHS to give students the opportunity to meet and talk with practicing engineers. This program promotes pre-college interest in science and engineering as a career option and encourages students to consider possible career paths in these fields.

Throughout the day, students from science classes rotated through 11 different stations set up with displays on various topics, such as computer aided design and drafting, global positioning satellite surveys, geographic information systems, engineering in master planning, military construction projects in Korea, foundation engineering, environmental engineering, the design of buildings and facilities, and the Society of American Military Engineers. The demonstrations basically covered most aspects of design and construction.



KIM CHONG-YUN

Seoul American High School students have a close look at the various pieces of equipment displayed at the asbestos table during Engineer Day Feb. 24.

"Students move on to each station and see hi-tech displays. It is a good chance for them to realize what they are interested in among the various fields of science and engineering," said Douglas Bliss, Chief of Geotechnical and Environmental Engineering Branch, Far East District, U.S. Army Corps of Engineers, who has been coordinating the program since its first year. "We try to make it interesting to attract the kids. Our goal for this program is to give students a chance to experience what it would be like becoming an engineer."

"Not 100 percent of the students will say now they want to be engineers after this program. However, I hope this encourages the students to have more interest in engineering."

The day's special display, which drew the most attention from the students, highlighted the contributions of the Far East District engineers and other personnel deployed in support of U. S. troops in Iraq and Afghanistan, as well as assisting in recovery efforts

See **Engineer**, Page 10

KN retirees end 30 years of services to U.S. Forces



Lt. Col. Kevin D. Foster, 41st Signal Battalion commander, pins a ribbon on the collar of Pae Hwa Pu for his 38 year of dedication to the U.S. forces as a Communications Cable Splicer, at a ceremony honoring Korean Nationals retiring from service with U.S. Forces Korea.

PFC SEO KI CHUL

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaii@townhall@korea.army.mil or by calling 738-5017.

Seoul Hot Jobs

The Army Community Services Employment Readiness program provides job listings for the Yongsan area and Korea-wide. The program also assists with resume writing and computers are available for job searches. Appointments are preferred. For information, call 738-8977.

AMEDD Direct Commissioning Opportunities Available

Commissioning opportunities are available for those who possess a health care degree in fields such as nursing, pharmacy, optometry, podiatry, environmental science, laboratory science, preventive medicine or behavior science. There is financial assistance for individuals who are interested in attending medical, dental, veterinary or optometry school. For information, call 736-8102.

Signal Warrant Officer Opportunity

The Signal Corps is seeking highly skilled and motivated enlisted Soldiers from all MOSs interested in a career as a 254A Signal Systems Support Technician, 250N Network Management Technician or 251A Information Systems Technician. For information, call 791-8183 or 791-6545.

The Newcomer's Orientation

The orientation is designed to give servicemembers, civilian employees and their adult family members an introduction to Korean history, culture and traditions. Additionally, participants will receive important information regarding Yongsan and the military community.

ACAP Briefings

Army Career and Alumni Program briefings usually last about one-half hour, depending on unit participation. They are usually held 8 a.m. - 5 p.m. Monday through Friday. Other times and dates can be arranged. For information or to schedule a briefing, call 738-7322.

American Red Cross

The American Red Cross offers a variety of classes to include a babysitting course. For information, call 738-3670.

Faithlift Registration

Faithlift, an international Christian women's conference will be held April 1-2 at South Post Chapel and Dragon Hill Lodge. For participation, ID cardholders are asked to register until March 18. An extra registration will be accessible to those who don't have an ID March 19-25. Registration forms are available at all chapel services or on the Web. For information, log on to <http://yongsanpwoc.com>.

International Internship Program

The United States Department of Agriculture, Foreign Agricultural Service's international internship program provides college students the opportunity to live and work in a paid internship at an American embassy overseas. For information, e-mail lgorman@ars.usda.gov or log on to www.fas.usda.gov.

Yongsan chapter celebrates Red Cross Month

By Laurel Cunningham

Yongsan Red Cross Publicity and Marketing

YONGSAN —The American Red Cross is celebrating Red Cross Month by giving thanks to the hundreds of people in Yongsan who have personified America's humanitarian spirit by donating their time, talent and money during the past year.

"America has always been a place of humanitarian action and compassion: A place where people take care of each other whether they are down the block or around the globe. Putting compassion into action is deeply rooted in the American character and the people in Yongsan are no exception," said Ahava Martin, hub manager.

"Although hurricanes and tsunamis make the headlines, many people forget

that the day-to-day work of the Red Cross takes place in communities like ours, and is made possible by 'community heroes' who volunteer their time, and is funded by voluntary

"America has always been a place where people look out for each other. We really want to thank everyone who chose the Red Cross as their way to help out in our community."

— Ahava Martin
Red Cross, yongsan Hub

contributions," Martin added.

One hundred ten Red Cross volunteers

gave a cumulative 3,214 hours last year to teach lifesaving skills (such as first aid, CPR and water safety) to 1,174 people in the Yongsan community, to help 1,244 military families communicate during emergencies and to fill in where needed at the 121st General Hospital.

"America has always been a place where people look out for each other. We really want to thank everyone who chose the Red Cross as their way to help out in our community," said Martin.

President Franklin D. Roosevelt declared March to be Red Cross Month in 1943

— a tradition that has been continued every year, by every president since.

Governed by volunteers and supported by community donations, the American Red Cross is a nationwide network of nearly 900 field units dedicated to saving lives and helping people prevent, prepare for and respond to emergencies. Led by 1 million volunteers and 36,000 employees, the Red Cross annually mobilizes relief to families affected by more than 70,000 disasters, trains almost 12 million people in lifesaving skills, and keeps U.S. military families connected worldwide.

E-mail Redcrossvol@korea.army.mil

History of The American Red Cross

Clara Barton and a circle of acquaintances founded the American Red Cross in Washington, D.C., May 21, 1881. Barton first heard of the Swiss-inspired International Red Cross Movement while visiting Europe following the Civil War. Returning home, she campaigned for an American Red Cross society and for ratification of the Geneva Convention protecting the war-injured, which the United States ratified in 1882.

Barton headed the Red Cross for 23 years, during which time it conducted its first domestic and overseas disaster relief efforts, aided the United States military during the Spanish-American War, and campaigned successfully for the inclusion of peacetime relief work as part of the International Red Cross Movement—the so-called "American Amendment" that initially met with some resistance in Europe.

The Red Cross received its first congressional charter in 1900 and a second in 1905, the year after Barton resigned from the organization. This charter — which remains in effect today — sets forth the purposes of the organization that include giving relief to and serving as a medium of communication between members of the American armed forces and their families and providing national and international disaster relief and mitigation.

Engineer

from the tsunami disaster in South Asia. Edward E. Flint, a geotechnical engineer, shared his very valuable experience with the students. He was deployed in Iraq as a project manager/civil engineer with the Forward Engineering Support Team-A providing support for the Coalition Provisional Authority, Baghdad Central. He also worked in Indonesia recently to assist in the Tsunami recovery effort.

"I'm surprised that students are

very interested in helping people and reaching out to the society. I'm happy to help them gain an understanding of the valuable contributions engineers make to the world, as well as our local society," said Flint, who departed to Sri Lanka for another mission to support the recovery effort two days after this Engineer Day event.

Students of SAHS also had a chance to set up a display showing their effort to their fellow students. Engineers Club, a group of SAHS

students who gather for the common interest of engineering, made a presentation on their plans for the renovation of the snack shack.

"Working with friends with a common interest is a good experience," said Andy Park, president of the club. "But since we are high school students lacking advanced training in engineering we want to be teaming up with actual engineers and learn more about actual building. And that will also help me get a head start in the engineering career field."

Col. Janice L. Dombi, the commander, Far East District, U.S. Army Corps of Engineers, encouraged the students from the Engineers Club by saying, "One thing I really like about engineering is we work on something and there's something physically there. There's something you can go and look at 20 years later. There's a lot of satisfaction compared to many other jobs. It's a lot of fun.

"Of course there's a lot of study involved in becoming an engineer. The college courses now are really innovative in terms of hands-on projects and things like solar cars. Things are not just in the classroom. You can actually get out and use your hands, build bridges and get involved in the community."

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KIM, CHONG-YUN

Edward E. Flint, a geotechnical engineer of the Far East District, U.S. Army Corps of Engineers, talks about his experience in Iraq and Indonesia to the SAHS students attending the Engineers Day Program Feb. 24 as part of National Engineers Week.

Twelve graduate first Army Knowledge Leaders Program

Army News Service

WASHINGTON — An Army program designed to enhance information technology began to bear fruit as the first graduates of the Army Knowledge Leaders Program, also known as AKLeaders, were recognized Feb. 25 in Arlington, Va.

Lt. Gen. Steven W. Boutelle, the Army Chief Information Officer/G-6 congratulated the 12 civilian IT professionals on their completion of the program.

The two-year program includes four cycles of leadership training and developmental assignments at key Army locations. AKLeaders are first selected from a national pool of high-achievement university graduates and must be outstanding scholars, with a grade-point averages of 3.45 or higher.

The graduates now hold civil-service positions in Army information technology.

“The AKLeaders Program is changing the paradigm on how the Army develops IT management professionals,” Boutelle said. “We are cultivating a new cadre who demonstrate leadership, business acumen, management skills, knowledge sharing, peer relationships, and a strong commitment to public service.”

The training program is aligned with the U.S. Clinger-Cohen Act of 1996, which requires government agencies to make sound investments in information technology and improve IT management and mission performance.

Graduates of the Class of 2002 are: Daniel S. Batelka, Joel W. Cassell, Patricia A. Henderson, Sheila M. Houston, Jerry H. Russell, Jr., and Tara M. Sullivan. Class of 2001 graduates are: Hortense D. Frank, Lee

A. James, III, Zachary A. Lindsay, Loan H. Nguyen, Anabel Rosado, and Sze-Ka Yeung.

The AKLeaders Program is open to all recent university graduates who are also outstanding scholars, U.S. citizens, and able to obtain a secret security

clearance. The CIO/G-6 is currently recruiting for 12 to 15 AKLeaders for the Class of 2005, beginning in September 2005. For more information, contact Dr. Edward Fujimoto, edward.fujimoto@hqda.army.mil, (703) 604-2059.

Cinderella Around the World: Girl Scout Thinking Day



(From Left) Gabriella Matautia, Alicia Gerald, members of Girl Scout Cadette Troop 5, and Aisha Fland, Amaya George and Leilani Wiley, members of Girl Scout Junior Troop 14, perform a portion of the “Cinderella Around the World” play by Jenny Kidd.

Ad goes here

Community News



Walk Thru the New Testament Seminar

The New Testament seminar will be held 9 a.m. – 4 p.m. Saturday at South Post Chapel. It is designed to know the significance of the 400-year silence dividing the old and new testaments. For information, call 738-3914.

Get A Scholarship

DoDDS High School seniors are eligible for a scholarship awarded by Alpha Kappa Alpha Sorority, Inc. Scholarship awarding is based on application, written essay, transcript and letter of recommendation. The application deadline is March 7. For information, call 736-7558.

Mustard Seed Registration

Mustard Seed Christian Preschool 2005-2006 registration starts March 8. The registration is available for 3-year-olds on Tuesday and Thursday, for 4-year-olds on Monday and Wednesday. For information, call 738-8503.

A Walk for Fallen Heroes

A 7K walk or run around Yongsan will be held 9 a.m. April 2 in Seoul American High School. For information, e-mail Walkathon42@hotmail.com.

Spirit Warrior 2005

Spirit Warrior 2005, "A Warrior's Truth" will be April 29 - 30 at South Post Chapel. Free Lodging is available for attendees traveling to Area II. For information, call 738-4043/723-8716 or e-mail grandinj@korea.army.mil.

Center

What is the deadline for filing?

This year's standard deadline for filing a tax return is April 15, 2005. However, if you are a United States citizen living overseas or serving in the military and stationed overseas, the IRS allows an automatic two-month extension. Thus, servicemembers stationed overseas have until June 15, 2005, to complete their tax returns. However, remember that if you owe the IRS money, they want that by April 15 and not the June extension date. If you do not pay the money owed to the IRS by April 15, you will have to pay fees and penalties on the owed amount.

What if I am married and my spouse is not with me?

You can file your joint tax return without your spouse, if you have an IRS Form 2848. This is the IRS's version of a Power of Attorney. It is mandatory for you to have a copy of this form with your tax return. Anyone can download this form from www.irs.gov, have it signed and sent to you for you

Tax Assistance Centers

For information regarding local tax assistance centers, taxpayers should contact the office nearest them. A list of tax centers includes:

- Camp Casey, Bldg. 1876, 730-2068;
- Camp Stanley, Community Activity Center, 732-4712;
- Yongsan, Moyer Community Services Center, Rm. 113, 725-1040;
- Camp Humphreys, Bldg. 734, 753-3170
- Camp Henry, Bldg. 1805, 768-6680

Legal offices on camps Carroll and Hialeah also offer tax assistance. Interested taxpayers may call 765-8602 on Camp Carroll or 763-7459 on Camp Hialeah. For additional information, contact the nearest Legal Assistance Office.

to include with your tax return. It's as simple as that.

I keep hearing that I need my social security card, really?

For all taxpayers, spouses, and dependents on a tax return, the IRS needs to match the names of those persons with the Social Security Administration's database. The name on the person's social security card MUST match the name put on the tax return. If it does not match, the IRS will reject your return and it will be considered "NOT FILED." This is a very important requirement to accurately prepare your tax return and to have your tax return completed and filed with the IRS.

What else do I need to file my tax return?

Every taxpayer should provide their W-2s, social security cards for all person's listed on the return, last year's return (this can help determine your entitlements), all documents that evidence income (i.e. interest, dividends, rental income, etc.) and all documents that the IRS sends you. There may be more depending on your specific situation.

I know I need help with my taxes, where do I go?

The Yongsan Tax Center. We are located in the Moyer Services Center, Room 113. We have highly accessible hours of operations. Our operation hours are:

- Mondays 1 – 8 p.m.
- Tuesdays 9 a.m. – 8 p.m.
- Wednesdays 9 a.m. – 8 p.m.
- Thursdays 1 – 8 p.m.
- Fridays 9 a.m. – 4 p.m.
- Saturdays 10 a.m. – 3 p.m.

All eligible personnel (eligibility in accordance with AR 27-3) can call for an appointment at 725-1040 or just walk in for simple returns.

E-mail Rochelle.howard@korea.army.mil

Ad goes here

Humphreys welcomes union



Korean Employees Union members and Area III representatives share rice cake to celebrate the opening of a union employees break room and office at Camp Humphreys Feb. 24. "This strengthens the relationship between Area III and Korean employees," said Col. Michael J. Taliento Jr., Area III commander, as he cut the ribbon to the facility with KEU Pyongtaek Chapter President Choe Sang-kyu, Vice President Kim Hyun-kwon and Area III Director of Public Works Bart Mirabal.
The facility is located in Bldg. T-674 in the Directorate of Public Works Building and grounds division compound, across from Freedom Field. Area III is donating chairs, benches and tables for the break room, which already has a stove, a refrigerator and cabinets in the kitchen area. Furniture will also be provided for the office area.

‘ICE’ age Comes to Korea

By John Di Genio
IMA KORO Plans Division

Military personnel, civilian employees and family members on installations throughout Korea have the opportunity at their fingertips to let managers know how well their staffs are providing goods or services – through the Interactive Customer Evaluation, or ICE, System.

All the areas are connected to the ICE system. The program can be utilized at ICE computer terminals located at most U.S. Army installations throughout Korea. However, a dedicated terminal is not needed to access ICE. Anyone can access the program on a personal computer by visiting its Web site at <http://ice.disa.mil>. Once at the ICE main page, simply point and click.

ICE is the Department of Defense’s online customer feedback network. This system gives customers the chance to use electronic comment cards to rate – and, to voice opinions – on the services offered on installations. A customer, coming into the main ICE page can navigate to specific providers on active ICE sites.

The electronic customer evaluation cards are transmitted directly to responsible managers and appropriate command officials. Therefore, ICE provides a nearly instantaneous customer feedback mechanism that allows managers the opportunity to take immediate actions to improve the delivery of services. Additionally, with ICE there is no chance of a hard copy comment card getting lost in the process. To assure that the system works, a manager will get in touch with you if you leave contact information (name, phone number, e-mail address).

ICE offers managers a user-friendly and flexible tool to market their products and services. For example, managers can post their operating hours or special events on the ICE Web site. Managers can also post Frequently Asked Questions.

Ideas to improve the Korea ICE Web pages, or to include service providers that are not listed, are most welcomed and strongly encouraged. Make recommendations known to the Region ICE administrator at 738-5559.

ICE is a tool intended to contribute to making Korea “The Assignment of Choice.” However, ICE has to be used to make worthwhile improvements in customer satisfaction and well-being.

To do your part to improve services, submit an ICE comment today.

Now Showing

March 4-10

REEL TIME

NOW SHOWING AT
AAFES THEATERS IN KOREA

FOR MORE LISTINGS CALL YOUR THEATER OR VISIT WWW.AAFES.COM ONLINE - SCHEDULES ARE SUBJECT TO CHANGE

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	The Life Aquatic PG-13	White Noise PG-13	Hitch PG-13	Hitch PG-13	White Noise PG-13	Fat Albert PG	Fat Albert PG
ESSAYONS 732-9008	Meet the Fockers PG-13	Meet the Fockers PG-13	Woman Thou Art Loosed R	No Show	The Life Aquatic PG-13	The Life Aquatic PG-13	Hitch PG-13
HENRY 768-7724	White Noise PG-13	Pooh's Heffalump Movie G	Pooh's Heffalump Movie G	Closer R	No Show	No Show	No Show
HUMPHREYS 753-7716	Hitch PG-13	Hitch PG-13	Hitch PG-13	White Noise PG-13	White Noise PG-13	Blade: Trinity R	Blade: Trinity R
HIALEAH 763-3120	Pooh's Heffalump Movie G	Meet the Fockers PG-13	The Life Aquatic PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	White Noise PG-13	Hitch PG-13	Fat Albert PG	Fat Albert PG	Hitch PG-13	Elektra PG-13	Elektra PG-13
KUNSAN 782-4987	Hide and Seek R	Hide and Seek R	Fat Albert PG	No Show	Fat Albert PG	White Noise PG-13	White Noise PG-13



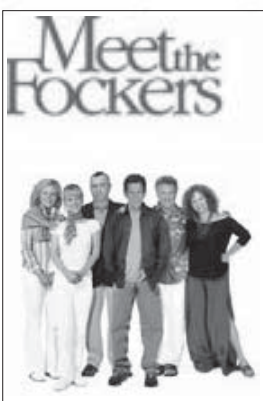
The Life Aquatic
Internationally famous oceanographer Steve Zissou and his crew, Team Zissou, set sail on an expedition to hunt down the mysterious, elusive, possibly non-existent Jaguar Shark that killed Zissou's partner during the documentary filming of their latest adventure. They face overwhelming complications including pirates, kidnapping and bankruptcy.



White Noise
People have always searched for a way to communicate with the other side -- driven to find a way to connect with loved ones who have passed on. Jonathan Rivers, distraught after the mysterious death of his wife, is contacted by a man who claims to be receiving messages from her through something he calls electronic voice phenomena, or the "white noise" most of us hear when we flip through the radio dial.



Hitch -- Most men have difficulty finding love because it's hard to be yourself. That's where Alex "Hitch" Hitchens comes in. Alex is a "date doctor" who claims to be able to find customers their perfect romantic match in three dates or less. Sara, meanwhile, is a gossip reporter for a daily tabloid who decides to write an expose on Hitch's methods. Sara soon finds her professional life and personal life on a collision course as she finds herself falling for Alex while investigating his claim.



Meet the Fockers
Now that Greg Focker is "in" with his soon-to-be in-laws, Jack and Dina Byrnes, it looks like smooth sailing for him and his fiancée, Pam. But that's before Pam's parents meet Greg's parents, the Fockers. The hyper-relaxed Fockers and the tightly-wound Byrneses are woefully mismatched from the start, and no matter how hard Greg and Pam try, there is just no bringing their families together -- which all adds up to a disastrously funny time of "getting to know you."



Constantine -- Based on the DC-Vertigo comic book "Hellblazer," Renegade occultist John Constantine has literally been to hell and back. He teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister. Their investigation takes them through the world of demons and angels that exists just beneath the landscape of contemporary Los Angeles.



Fat Albert -- Fat Albert and the Cosby Kids come to life and step out of their animated, inner-city Philadelphia, cartoon world. Literally. The crew steps out of a TV one day and into modern-day America, where they discover pop-top cans, shopping malls, rap and girls, girls, girls.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Coach Carter PG-13	No Show	Coach Carter PG-13	Ocean's Twelve PG-13	No Show	No Show	No Show
OSAN 784-4930	Constantine R	Constantine R	Constantine R	No Show	No Show	No Show	No Show
RED CLOUD 732-6620	Hitch PG-13	The Life Aquatic PG-13	The Life Aquatic PG-13	Fat Albert PG	Fat Albert PG	No Show	Constantine R
STANLEY 732-5565	The Life Aquatic PG-13	White Noise PG-13	White Noise PG-13	Fat Albert PG	No Show	Constantine R	Fat Albert PG
YONGSAN I 738-7389	Constantine R	Constantine R	Constantine R	White Noise PG-13	White Noise PG-13	White Noise PG-13	White Noise PG-13
YONGSAN II 738-7389	Fat Albert PG	Fat Albert PG	Fat Albert PG	Meet the Fockers PG-13	Meet the Fockers PG-13	Meet the Fockers PG-13	Meet the Fockers PG-13
YONGSAN III 738-7389	Fat Albert PG	Fat Albert PG	Fat Albert PG	Spanglish PG-13	Spanglish PG-13	Flight of the Phoenix PG-13	Flight of the Phoenix PG-13

Be ‘keepers of light’ for those around us

By Chaplain (Col.) Lawrence M. Barry
IMA Korea Region Office staff chaplain

Along the Atlantic seaboard there are numerous lighthouses to warn ships of dangerous waters. One of those was kept for years by the widow of Jacob Walker. Her story is one of devotion and duty.

As a young girl at Sandy Hook, N.J., she first met Jacob Walker when he was the keeper of Sandy Hook lighthouse. They married and lived happily at the lighthouse. After four years Jacob caught pneumonia and was evacuated to the hospital on Staten Island.

A few nights later a rowboat approached the lighthouse through the darkness. Mrs. Walker’s worst fears were confirmed. She buried Jacob on a hillside on Staten Island easily seen from the lighthouse.

Every morning Mrs. Walker would stand at the porthole and look across the water toward Jacob’s grave. Sometimes the hill was green; other times brown or white. But she always seemed to get the message from him — the same three words she heard when he was alive: Mind the light. And for over 40 years, she did.

“Mind the light” is a short message with an important meaning. It reminds us of other short but vital messages: “Come, follow me;” “Let there be light;” “Feed my sheep.”

Since Day One darkness in one form or another has been the central problem of the world. In the beginning “God saw the light and pronounced it good” and “God divided the light from the darkness” and since that time he has tried to turn the faces of his children toward the light.

But people often love darkness more than light. In Charles Dickens’ “Christmas Carol,” Scrooge sits in

the darkness of his money-changing counting house and says, “Darkness is cheap; therefore I like it.” But Scrooge was wrong. Darkness — spiritual darkness — is not cheap, for spiritual darkness has always cost the world dearly.

Much of the problems of individuals, families, communities and nations exist because people choose to walk in the darkness of selfishness, greed, contention or unbridled fanaticism. Where darkness reigns, chaos and destruction reign.

However, people of goodwill understand that walking in the light of truth, decency and kindness is better and that their calling is that of Mrs. Walker: To bring light and knowledge to our people — our units, our chapels, our Soldiers and our families. We are called to “mind the light” — to push back the bounds of darkness so that the light may pour into the souls of our people.

I am convinced that our families, our Army and our nation deeply need for us to be “keepers of the light.” My prayer is that each of us will find opportunities to spread the light of love and goodwill as we travel life’s journey together.

Area II Chaplains
Chaplain (Lt. Col.) Thomas Drake
DrakeT@korea.army.mil or DSN 738-3011
Chaplain (Lt. Col.) Vincent Burns
BurnsV@korea.army.mil or DSN 725-2955
Chaplain (Lt. Col.) David Colwell
David.Colwell@korea.army.mil or DSN 738-4043
Chaplain (Maj.) Stanley Whitten
Whittense@korea.army.mil or DSN 736-3018

Area II Worship Services			
Catholic Mass	Sunday	8 a.m.	South Post Chapel
		11:30 a.m.	Memorial Chapel
	Tuesday	12:05 p.m.	121 Hospital Chapel
		7 p.m.	South Post Chapel
	Mon.-Wed., Thurs.-Fri.	12:05 p.m.	Memorial Chapel
Jewish Protestant Services	Saturday	5 p.m.	Memorial Chapel
	Friday	6 p.m.	South Post Chapel
Contemporary Facility	Sunday	10 a.m.	Multipurpose Training
Episcopal	Sunday	10 a.m.	Memorial Chapel
United Pentecostal	Sunday	1 p.m.	Memorial Chapel
Church of Christ	Sunday	2 p.m.	South Post Chapel
Church International Collective	Sunday	8 a.m.	Memorial Chapel
		9:30 a.m.	121 Hospital Chapel
		9:30 a.m.	Hannam Village Chapel (Korean)
		10 a.m.	South Post Chapel
		10:30 a.m.	K-16 Community
Chapel		11 a.m.	Hannam Village
Chapel		noon	South Post Chapel (Gospel)
Collective	Sunday	1 p.m.	Camp Colbern Chapel
		6 p.m.	South Post Chapel
Korean	Tuesday	6 p.m.	Camp Colbern Chapel
	Thursday	6:30 p.m.	Memorial Chapel
KCFA	2nd Tues.	11:45 a.m.	Memorial Chapel
	3rd Tues.	11:45 a.m.	Memorial Chapel

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CAV Soldiers strive for spurs

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – It's cold and the sun is still more than an hour below the horizon the morning of Feb. 5 when 78 members of the 3rd Squadron, 6th Cavalry begin a day they hope will earn them the Cav's coveted Spurs.

Dressed in full combat gear, the officers and enlisted men and women taking part in the annual "Spur Ride" face their fellows, Cav Soldiers who have already undergone this rite of passage and become "Spur Holders."

Dressed in black Stetsons, shining spurs and black "Spur Ride" sweatshirts; Spur Holders will challenge and guide candidates throughout the day.



Spur candidates not reciting "Fiddler's Green" with enough enthusiasm pay with push-ups.



The day begins with Spur Holders inspecting candidate equipment.



Each of the eight teams of spur candidates was required to perform a set of tasks at widely separate points on Camp Humphreys. To complete the tasks successfully, they were required to hike between the points while carrying a "casualty" on a litter.



The final obstacle to "Spur Holder" status requires Pfc. Erin Regan do push-ups with her feet on the anvil while her spurs are mounted.

The challenges start immediately.

Spur Holders demand candidates recite "Fiddler's Green," a poem of unknown origin concerning the afterlife a cavalryman expects. Those hesitant about the recitation, or not enthusiastic enough, must pay with push-ups or leg-lifts.

The dark hour continues with candidates being placed on a team for the day, an equipment inspection and written test. All accompanied with loud demands for "Fiddler's Green" and for push-ups or other payment when a candidate doesn't perform up to a Spur Holder's expectations.

With the sun up and the Spur Ride warm-up completed, candidates and Spur Holders go outdoors to start the day's exercises. The eight candidate teams go from place to place around Camp Humphreys carrying a litter with a "casualty," performing tasks at eight widely separated stations.

"They'll be doing different things at each station," said Command Sgt. Maj. Errington Neysmith. "Each team will do a call-for-fire exercise at Soldier's Park, build a rope bridge at the squadron motor pool and start a fire at the ROK Corral near Zoecklor Station."

Other tasks each team had to complete included a vehicle pull, map reading exercise, erecting an antenna for a tactical radio, a medivac exercise and an exercise known as weapons soup in which team members were required to reassemble three weapons while blindfolded.

At the end of the day, candidates and Spur Holders met again, for the induction ceremony and dinner. Called forward as teams, the candidates assumed the position one-by-one.

While doing push-ups with toes on the traditional blacksmiths anvil, each was fitted with spurs by Neysmith and 3rd Squadron, 6th Cavalry commander, Lt. Col. Bernard Banks. As they finished, a hammer strike to the anvil announced the entry of a new Spur Holder into the ranks of the best in the Cav.



PHOTOS BY ROGER EDWARDS

Spur Holder Command Sgt. Maj. Errington Neysmith, 3rd Squadron, 6th Cavalry's top NCO, explains the written test to candidates.



Spur Holders Sgt. Shaw Dorman (right front) and Spc. William Hill (in mask) escort candidate team 5 as they begin the journey that ends with each team member a Spur Holder.





JBL In Warrior Country

Morale, Welfare and Recreation presents a new entertainment, JBL, in March. JBL will perform a variety of musical styles at Camp Nimble's Jackie B's Club 8 p.m. Saturday. For information on MWR entertainment scheduling, call 732-6819.

Halo 2 Tournament

The Camp Casey Community Activity Center will host a Halo 2 team "assault" tournament at 11 a.m. Saturday. Pre-registration is required. Visit the Camp Casey CAC or call 730-4601 for information.

Osan Shopping Trip

An overnight shopping trip to Osan Air Base is available at Camp Casey Community Activity Center Saturday. Pre-registration is recommended due to limited seating. The bus departs at 7 a.m. For information, call 730-4601.

Warrior Boxing Invitational

The Warrior Invitational Boxing Competition will begin at 6 p.m. Saturday at Camp Casey's Hanson Field House. The event is open to all active-duty personnel stationed on U.S. Forces Korea installations. The weigh-ins and medical exams begin at 10 a.m. Saturday. For information, call 732-6276.

Sunday Bowling Tournament

Visit and enjoy the Sunday Bowling Tournament, 1 p.m. every Sunday at Camp Red Cloud Bowling Center. The tournament will be a combination of Handicap, Scratch, 9-Pin No-Tap and 3-6-9. Also stay late to enjoy X-Treme Bowling from 7 p.m. to 10 p.m.

Pool Tournament

Camp Red Cloud Community Activity Center is hosting a pool tournament at 11 a.m. every Sunday. The winner will receive a coupon for dinner at Mitchell's. For information, call 732-6246.

10-Cent Wings

Ten-cent Chicken Wing Night (with purchase of a drink) is available at Camp Casey Primo's Express and Golf Course Club at 5 p.m. every Friday. For information, call the Camp Casey area club manager at 730-4334.

Customer Feedback Contest

Area I MWR has a unique customer feedback mechanism called Orange Customer Comment Card. Comment Cards are available at any MWR facility in Area I. Right now MWR is conducting a contest involving the Orange Customer Comment Card. Complete a Comment Card with your personal contact information on it. Drop it off at any U.S. mailbox. At the end of each month three names will be announced to receive a coupon for lunch, dinner or services at any area I MWR Club, Bowling Center or Golf Course. For information about the contest, call 732- 6274.

Submitting to MWC

To have an event highlighted in The Morning Calm Weekly, send event information to MorningCalmWeekly@korea.army.mil.

Stone brings soul to Korea installations

Korea Region MWR

YONGSAN – As a singer, songwriter, producer and actress, Angie Stone has made a name for herself in many aspects of the entertainment industry. From singing on Broadway (most recently she appeared as Big Mama Morton in the Tony Award-winning production of "Chicago") to crafting new songs on the tour bus, Stone manages to bring real soul every performance.

Having begun her career in the groundbreaking rap trio "Sequence," the versatile Stone has worn many hats throughout her musical career. Her first claim to fame came during her time as lead vocalist with the group "Vertical Hold." Working with Mantronix and Lenny Kravitz, the neo-soul trio produced R&B Top 40 hits such as "Summertime" and "Seems You're Much Too Busy."

Stone's successes lead her to a solo career. Her debut album titled "Black Diamond" premiered in 1999 featured her first number one single, "No More Rain." Her third album "Stone Love" became her biggest hit. Other albums include "Mahogany Love" and "I Wanna Thank Ya."

As part of Morale, Welfare and Recreation's goal of bringing quality entertainment to the military in Korea, the organization will sponsor a number of Stone's performances at installations across the peninsula. All performances are open to military ID cardholders and free of charge. No videotaping is allowed. For information, contact your local MWR Entertainment Office or call 723-3749.

Stone will perform at the following locations:

Camp Humphreys ,Tommy D's, 8 p.m. Tuesday;

Wednesday , Yongsan, Seoul American High School Auditorium, 8 p.m. Wednesday;

Camp Page, Community Activities Center, 7 p.m. Thursday;

Camp Casey, Primo's, 7 p.m. March 11;

Camp Red Cloud , Mitchell's, 8 p.m. March 12



Angie Stone

Area III Boxing Smoker seeks competitors

Mike Mooney

Area III MWR

CAMP HUMPHREYS – Boxers from throughout Korea who want to test their moves will get the chance at a Camp Humphreys boxing smoker, March 12.

The Area III Boxing Smoker is open to all U.S. and Korean military personnel – to include people with or without boxing experience. Civilian employees and family members are not allowed to participate by Army regulation.

"Boxers are matched based on their sex, level of experience and weight," explained Area III Sports Director Jim Howell, "and there will always be a large number of individuals who have never boxed before. That doesn't matter. You won't be matched against a bigger, more experienced opponent. We will endeavor to match people as closely as possible."

"I would especially like to invite those boxers from areas I and IV, where there are active boxing teams. Come on up and get a feel for the ring and the environment. Our Boxing Smokers always draw a full house of enthusiastic fans."

For those unfamiliar with Army boxing, Howell pointed out that safety is our number one concern.

"Everyone is required to wear safety gear – including headgear. We provide all the equipment – to include shorts and jerseys. Individuals need to supply their own shoes and enthusiasm," he said.

In addition, all participants are required to pass a physical the morning of the smoker. Army medical personnel check blood pressure and general health before giving the go-ahead for participation. Medical personnel are also at ringside during the entire competition.

To participate in the Smoker, contact the Camp Humphreys Gymnasium at 753-8810/11. Leave your name, weight and level of experience.

Yongsan youth masters tourney draws tops bowlers

By Tom Bruce

Area II MWR Marketing

YONGSAN -- The 2nd Annual Youth Masters Bowling Tournament took place at Yongsan Lanes Feb. 27 and was a Junior Gold event. The Junior Gold Program consists of the United States' elite youth bowlers. The program's objective is to help youth bowlers maintain an interest in bowling through emphasis on advanced training, coaching and team bowling so they may continue to progress and excel in the sport.

The tournament format consisted of eight consecutive games over eight pair of lanes. The division champions were Allen Wagner (12 and above division) and Richard McDonald in the (11 and under division).

Wagner won the tournament as overall champion with 1,671 pins and a 209 average. As champion, he won a \$250 scholarship to be managed by Scholarship, Management and Accounting Reports for Tenpins and a berth in the USA Junior Gold National Championships in Indianapolis. this July. By accepting the berth Wagner declined a previously earned position at the National Championships.

During the tournament the athletes scored nineteen 200+ games. Wagner led the field of youth bowlers with five games scoring more than 200 pins – including the championship's highest score of 269.

However, the tournament wasn't as easy as it seemed for Wagner. His 269 in the sixth game didn't even get him into the lead. Through the sixth game of the eight game-format USAJG bowler Jennifer Simmons led Wagner by three pins. Simmons also had a lock on the high game award by rolling a 259 in the fifth game until she was outscored by Wagner in the sixth game.

Joining Wagner and Simmons near the top of the field through six games were previous Yongsan Bowling Champions and current Junior Gold bowlers, Christopher Baker and Victoria Wallace. Baker, a veteran of three USAJG National Championships in Winterhaven, Fla., St. Louis and Dallas, from 2002 through 2004, stayed within striking distance of the lead throughout the tournament thanks to 243 and 223 games.

Victoria Wallace, the 2004 Pepsi National Female Bowling champion was within two pins of Baker and also

within striking distance of the lead. In the seventh and eighth games Wagner rolled a 203 and 213, respectively, to outpace the field and lock in the victory. Simmons continued to bowl outstanding games but was outscored by Baker with a tremendous 236 effort in the last game. As a result of Bakers' final game, he and Simmons tied for second place with 1,608 pins and 201 averages for the tournament.

In the 11 and under division, Richard McDonald scored 1,356 pins, rolled a 214 game and carried a 170 average for the tournament.

The Masters serve as a tuneup for the Pepsi Far East Military Zone Tournament. Yongsan Lanes will host youth bowling athletes from Korea March 13, in the 2005 edition of the championships. More than 50 highly skilled youth bowlers in six divisions will be competing for a share of \$1,400 in scholarships and an opportunity to represent the Far East Military Zone in this year's Pepsi and USAJG National Championships to be held in Indianapolis, July 9-15. Currently Wagner and Baker have earned berths to the USAJG National Championships.

Experts teach playground safety at Humphreys

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS—Area III and Camp Humphreys played host Feb. 17, to a three-day playground safety seminar taught by four leaders of the National Program for Playground Safety from the University of Northern Iowa at Cedar Rapids.

Instructors Susan Hudson, Heather Olsen, Donna Thompson and Lawrence Bruya led 25 engineering, operations and safety experts from across Korea in examining playgrounds and playground users, and taught them how to keep the youngest military family members safe and happy.

“Playgrounds are a lot safer now than they were when I was a kid,” said Hudson. “But we still have more than 200,000 children injured each year with injuries serious enough for an emergency room visit.

“We’ve come a long way, but there’s

still work to do.”

According to Hudson, playground equipment that used to cause the most and the worst injuries has long since been banished from most playgrounds. The jungle gym is gone. Teeter-totters are gone. So are high slides and equipment that could cause falls from a height. The U.S. Consumer Products Safety Commission recalled them in 1981, the year they released their first guidelines on playground safety (updated with a 1994 revision).

An 8-foot slide might not look like much to an adult, she continued, but for a 3-foot child that’s a good distance. Add a surface unprepared to cushion a fall and you can be looking at broken bones or worse.

The NPPS training group was invited to Korea by Area III Safety Director James Bellware.

“I was trying to send one of my people back to the states to attend the training,” he said. “When I told Col.

Taliento about it, he decided we should bring the trainers here so everyone could share in their expertise.”

One of the events during the training was for the group to visit Camp Humphreys’ newly constructed family housing playground to inspect it for potential problems. Trainees went looking for problems in four areas – supervision, age-appropriate design, fall surfacing and equipment maintenance.

They found a few. In one case a piece of equipment, a slide, had been assembled with a bolt facing in the wrong direction. Even though the bolt was on the outside of the equipment and in a recessed area, it might have

been possible for a small hand to find its way to the bolt and snag a finger on the way down.

“One thing about it,” said Hudson. “I’ve never had a maintenance crew on the job as quickly as here at Camp Humphreys. We hadn’t even left the facility before maintenance was on the job taking care of the few problems we found.”

One thing Hudson emphasized is that NPPS is not out to put children into cocoons. “We wouldn’t accept people incurring 200,000 injuries in their work places,” she said. “Child play areas deserve the same consideration without removing the challenge and the fun.”

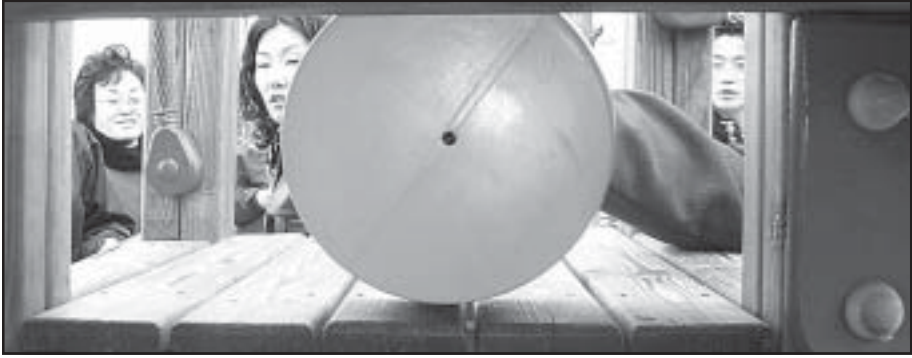
The Instructors

Susan Hudson: Education director, National Program for Playground Safety and McElroy Professor of Youth Leadership Studies, University of Northern Iowa.

Heather Olsen: Operations coordinator, National Program for Playground Safety, Cedar Falls, Iowa.

Donna Thompson: director, National Program for Playground Safety and Professor of Physical Education, University of Northern Iowa.

Lawrence Bruya: professor, Washington State University, Pullman, Wash.



National Program for Playground Safety seminar attendees from throughout Korea learned how to evaluate playgrounds for safety. Here they perform a head trap test to make sure small heads can not be caught in equipment.



PHOTOS BY SUSAN HUDSON

Engineers, operations and safety experts from throughout Korea watch a training video as part of the three-day playground safety seminar they attended at Camp Humphreys.



Seminar attendees inspect new playground facilities at Camp Humphreys family housing under the direction of Susan Hudson, as part of their NPPS training seminar.

Website helps parents evaluate local playgrounds

Is a nearby playground safe for your children? You can make your own determination by going to the National Program for Playground Safety Web site at www.playgroundsafety.org.

Among the material on its pages, the Web site includes a safety report card that can be used as a checklist in evaluating any playground. Packed with questions that require a simple yes or no answer, the report card enables you to evaluate a playground in four areas: Supervision, Age-

Appropriate Design, Fall Surfacing and Equipment Maintenance.

The scoring system provides definite statements concerning a particular playground following evaluation. If there are seven or fewer yes responses, the evaluation is “do not allow children on this playground.” A score of 20-24 yes responses equals an “A.” The evaluation: “Congratulations on having a SAFE playground. Please continue to maintain this excellence.”

In addition, the report card marks certain questions in gray and states, “if

any of the gray boxes are marked ‘NO,’ the potential of a life-threatening injury is significantly increased. Contact the playground owner.”

These questions include such items as: “Are adults present when children are on equipment?” “Is equipment free of head entrapments?” “Do platforms have appropriate guardrails?”

The Web site contains information on available educational resources, playground products and services, and on specific problems of which parents, educators and operators should be

aware. Items addressed include: are play areas age specific and are they so labeled? Does equipment have gaps that can catch little hands or clothing? Are there broken or missing parts or protruding bolts? Is the surface under playground equipment properly prepared to cushion falls?

The Web site states that “Each year more than 200,000 children sustain playground injuries that require an emergency room visit. Children can’t make playgrounds safe. It’s up to you.”

NEWS & NOTES

BOSS All-Nighter

Better Opportunities for Single and Unaccompanied Soldiers will host a BOSS "All-Nighter" for all Area III Soldiers from 10 p.m.-9 a.m. March 4 at the Camp Humphreys Community Activities Center. Entry fee is \$5. Event includes X-Box and board games, movies, water basketball, big glove boxing and lots of other entertainment. For information, call 753-8825.

Area III Family Readiness Group Rally

A Family Readiness Group Rally will be held from 9 a.m.-noon March 5 at the Camp Humphreys Youth Center. Parents and children are welcome to attend and participate in many events, including a punt, pass and kick contest, a story time booth, darts, a scavenger hunt and more. A "Keeping the Connection" booth will offer information how Family Readiness Groups support military families. For information, call 753-8401.

Term IV Registration

Term IV College registration will be held March 14-25 at all Area III education centers. For information, call Bruce White at 753-8909.

PMO and Vehicle Registration Hours

New hours for the Area III Provost Marshall Office and Vehicle Registration are 7:30-noon and 1 p.m.-3 p.m. Mon.-Fri. All clearing for the Provost Marshal's Office and Vehicle Registration will be at Building 544 in room 201 behind the health clinic. For information, call 753-6600.

Meet the CPOC Time Change

Area III managers, supervisors and key personnel can meet Civilian Personnel Operations Center - Korea personnel from 8:30-11:30 a.m. March 8 at the Camp Humphreys Multi-Purpose Facility. An overview of the CPOC role and procedures will be presented, along with a general question-and-answer session. For information, call 753-3958.

Area III Interactive Customer Service

Community members can rate Camp Humphreys, Long or Eagle services and facilities at the Interactive Customer Service Web site at <https://ice.disa.mil>. Simply go to the Web site, click "Pacific" and then the camp you wish to evaluate. For information, call 753-8847.

Area III Web Site

The Area III Web site is now online at <http://area3.korea.army.mil>. The site has helpful information and news for all community members. For information, call 753-8847.

Area III Tax Center

The Area III Tax Center is open for tax advice and tax return preparation. Soldiers should contact their unit tax advisor. Department of Defense civilians, family members and other valid ID cardholders are also eligible for tax preparation service. For information, call 753-8053.

Vets services visits Humphreys

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS - Aside from an occasional bark or yelp, the pets at the Community Activities Center Feb. 23, were as subdued as they would have been visiting the vet. That's because they were.

Three members of Osan's 4th Squad, 106th Medical Detachment (Veterinary Services) turned the CAC into their examination and treatment room during a quarterly visit to Camp Humphreys. The visits give Humphreys residents the opportunity to get pet health care close to home, instead of hauling their cats or dogs to Osan - an especially difficult task for those without a personal vehicle.

Capt. Patti Rice, Osan Vet Clinic officer-in-charge, said they normally stay about six hours when they come to Humphreys and see 20 to 30 pets while they're here.

"We mostly update annual shots and take care of other routine items," she said.

During one 45-minute period Rice and her team, Pfc. Aaron Voltz and Spc. Chris Stitcher, took care of nine pets and the people who love them. They administer shots against Distemper, Parvo, Rabies and Bordatella; draw blood to test for heart worms and other problems; and will even give a pedicure if needed.

"Heart worms are a problem in Korea," said Voltz. "They will kill a family pet. Our job is to take care of the problem before it is."

The 4th Squad consists of the captain, two technicians, a receptionist and five volunteers. They hold examination and treatment records on more than 900 animals in areas III and V, take care of the medical problems of Area III military working dogs and conduct food inspections on suppliers and service facilities.



ROGER EDWARDS

P.D. (Puppy Dog) moves in close to his owner as Pfc. Aaron Voltz, administers annual shots during a visit from Osan's 4th Squad, 106th Medical Detachment (Veterinary Services), to Camp Humphreys Community Activities Center. The unit visits on a quarterly basis to take care of area pets.

"I inspect the Mogu-chon poultry plant myself," said Rice. The plant supplies chicken to military commissaries in Korea.

Despite the need to use a muzzle, despite attempts to get away or bite due to discomfort or pain, the vets are patient and skilled at what they

do. Drawing blood from a 200-pound Soldier requires only a little skill compared to drawing blood from a struggling four-pound dog with a foreleg the size of a Mont Blanc pen.

For information or an appointment, call 784-6814.

Registration underway for March 11 ACS Employment and Volunteer Seminar

By Samantha McKenna

Army Community Service

Army Community Services will host its bi-annual Employment and Volunteer Seminar March 11.

The seminar, headed up by LaVita Vincent, ACS employment manager, and Aggie Rodriguez, ACS volunteer coordinator, is structured to give people information and advice concerning career planning. It covers resumé writing, the cover letter, how to use the Resumix system for government jobs, interview techniques, how to network within your daily life and salary negotiations.

The seminar will be divided into two parts during the day. The first half of the seminar will introduce and talk about organizations taking part in the seminar. These are companies and

departments that will be on hand to provide information about local opportunities and answer questions.

Lunch divides the day and is provided free of charge, by ACS.

The second half includes details about volunteer opportunities, how to carry these job skills with you when you leave Korea, how to earn promotion points and how to earn the Military Outstanding Volunteer Service Medal.

The remainder of the afternoon will be devoted to covering your career plans and helping you decide what path to choose. The seminar staff will assist you with resume formats, and with learning which one is best for you. You will discover your skills and how to market yourself on paper.

You will get the latest facts on

the newly updated Resumix system and will practice interview skills while learning what questions may be asked, what questions to ask the employer and what employers look for in a candidate.

"We really like to have a good time and have fun with this seminar," said Vincent. "The biggest complaint we've had is that it just doesn't last long enough."

The seminar is open to everyone.

"We encourage everyone to come to this event to learn more about how to secure their futures," said Aggie Rodriguez.

To attend interested persons must pre-register by March 8. To register stop by the ACS office or call 753/690-8401. The seminar runs from 7:30 a.m. to 3 p.m.



Sonia Pena-Baker operates a display featuring African-Americans in American history and literature. Pena-Baker volunteers at both the school library and the base library, where she is the acting librarian.



Camp Humphreys American Elementary School students wait in line to have LaCresha Morris braid and bead their hair at the school's Black History Month observance Feb. 24.

Humphreys American Elementary School students observe Black History Month

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – Students at Camp Humphreys American Elementary School observed Black History Month Feb. 24, with a program held at the Youth Center.

The observance included displays covering blacks in American history and literature, black culture and the contributions of blacks to America.

Tarita Harris organized the event with the assistance of LaCresha Morris and Joy Noble.



PHOTOS BY ROGER EDWARDS

Tarita Harris operates a display teaching children about products George Washington Carver created, African masks and foods. Harris is credited with organizing the Camp Humphreys American Elementary School Black History Month observance in a little over two weeks.

Did you change the date on Pg. 24?

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Taegu cheerleaders sweep KAIAC championships

By Galen Putnam

Area IV Public Affairs

CAMP GEORGE – In an impressive follow-up to their Far East championship in November that netted a berth to the national championships, the Taegu American School varsity and junior varsity squads swept the Korean American Interscholastic Activities Conference cheerleading competition at Seoul International School Feb. 18.

In addition to the championship titles, TAS cheerleaders took six of 10 varsity all-star nominations. Named to the all-star team were Jesse Covan, Whitney Dalton, Shilla Grammer, Aimee Hildenbrand, Andrea Paulson and Lance Shirley.

“This is a totally different competition with different schools compared to the Far East tournament,” said TAS cheerleading co-coach Tonya Hagander. “At Far East the schools are divided by size. At KAIAC there are no (class A or class AA) divisions so large schools and small schools compete together which can make things tougher.”

Each team was required to perform an original two- to four-minute routine implementing cheer, dance, jump, stunt and tumbling elements.

The teams performed well despite missing a key element, co-coach Heather Robinson, who was at home preparing to deliver a baby.



TANYA FERGUSON

Taegu American School varsity and junior varsity cheerleaders pose with their championship hardware following their dual championships at the Korean American Interscholastic Activities Conference cheerleading competition at Seoul International School Feb. 18.

“She was with us in spirit – and on the phone,” Hagander said. “It was tough coaching two squads but everybody really pulled together and put everything they had into preparing.”

Even though the combined varsity team qualified to attend the National Cheerleading Championships, sponsored by the National Cheerleading Association thanks to their performance

at the Far East tournament, they were unable to raise enough funds to attend the event held in Dallas Dec. 27-28. On a bright note, however, the cheerleaders will have the opportunity to compete in the United States Championships to be held in Daytona beach – during spring break.

This year’s varsity team is made up of eight girls and two boys. The junior

varsity squad consists of seven girls and one boy. This is the first year boys have participated in cheerleading at TAS. In addition to the tournament all stars, also competing for the TAS varsity squad were David Arocho, Angela Cho and Brittani Ferguson. Junior varsity members were Charlene Clack, Kimberly Compton, Megan Gardner, Kyle Hendrix, Ashlee Sharp, Angie Smith, Monica Shubert and Briana Wolford.

Town hall meeting planned for families

A Town Hall Meeting for families will be held 6:30 p.m. Monday at the Walker Chapel Activities Center.

Presentations will include Interactive Customer Evaluation, and safety/traffic enforcement. There will also be updates on family housing and the Army Family Action Plan.

This is the forum to ask questions of Col. Donald J. Hendrix, Area IV Support Activity commander, and other community organizations that provide important services.

For information, call Kevin Jackson at 768-7604.

FRG rally scheduled

The Area IV Army Community Service is hosting a peninsula-wide Family Readiness Group rally 11 a.m. – 3 p.m. Saturday at the Camp Walker Bowling Center.

A variety of activities are scheduled such as bowling, face painting and an arm wrestling contests.

For information, call Persis Oh-Gedemer at 768-7112/7610.

Stepping Out



GALEN PUTNAM

Members of the Camp Walker Multi-Cultural Gospel Service Step Team perform during the Taegu American School Black History Month Assembly held in the school’s multi-purpose room Feb. 23. Two performances were held for the student body of 651. Team members include (from left to right): Joseph James, Kendall Harris, Ronald Penn, Paris Love, Katrina Alsup, Audrenee Collins, Ashley McGee and Summer Love. The group’s director is Sgt. 1st Class Edward Smith of the 307th Signal Battalion at Camp Carroll.

NEWS & NOTES

Alpha Kappa Alpha Scholarship

The Rho Nu Omega Chapter of Alpha Kappa Alpha Sorority, Inc. is offering a scholarship for Department of Defense Dependent School System seniors. The application should include a written essay, transcript and a letter of recommendation. The application packet is due Monday. For information and application packet, see your guidance counselor or call Pandora Osler at 736-7558.

Substitute Teachers Needed

Taegu American School is looking for substitute teachers. If you are interested, stop by the school or call Chris Cho at 768-9503. Interested individuals must have SOFA Status.

Alpha Phi Alpha Scholarship

The Mu Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. is offering a scholarship to deserving high school seniors in the Republic of Korea. The scholarship is based on the application, written essay, transcripts, interview and letters of recommendations from a teacher, administrator, religious or community leader. The application packet is due by March 15. For information, see your guidance counselor at any DoDDS high school in Korea or contact Chris Fland at 011-9671-2264, Larry Fuller at 011-9972-0751, or Wendell Moore at 011-9101-4060.

Embassy Services in Busan

U.S. Embassy officers will be in Busan at the Paradise Hotel in Haeundae March 24-25 to provide consular services. American citizens who wish to file applications or get more information about passports, consular reports of birth abroad, federal benefits, voting information and notariats, may come in during this time. For information, check out the U.S. Embassy Web site at www.asktheconsul.org.

West Point Founder's Day Dinner

The 2005 West Point Founder's Day Dinner will be held 6 p.m. March 27 in Naija Ballroom at Dragon Hill Lodge on Yongsan Garrison. West Point graduates and guests are invited. The cost is \$25 per person. For information, call Lt. Col. Pat Kelly at 723-8653.

Area IV Summer Hire Program

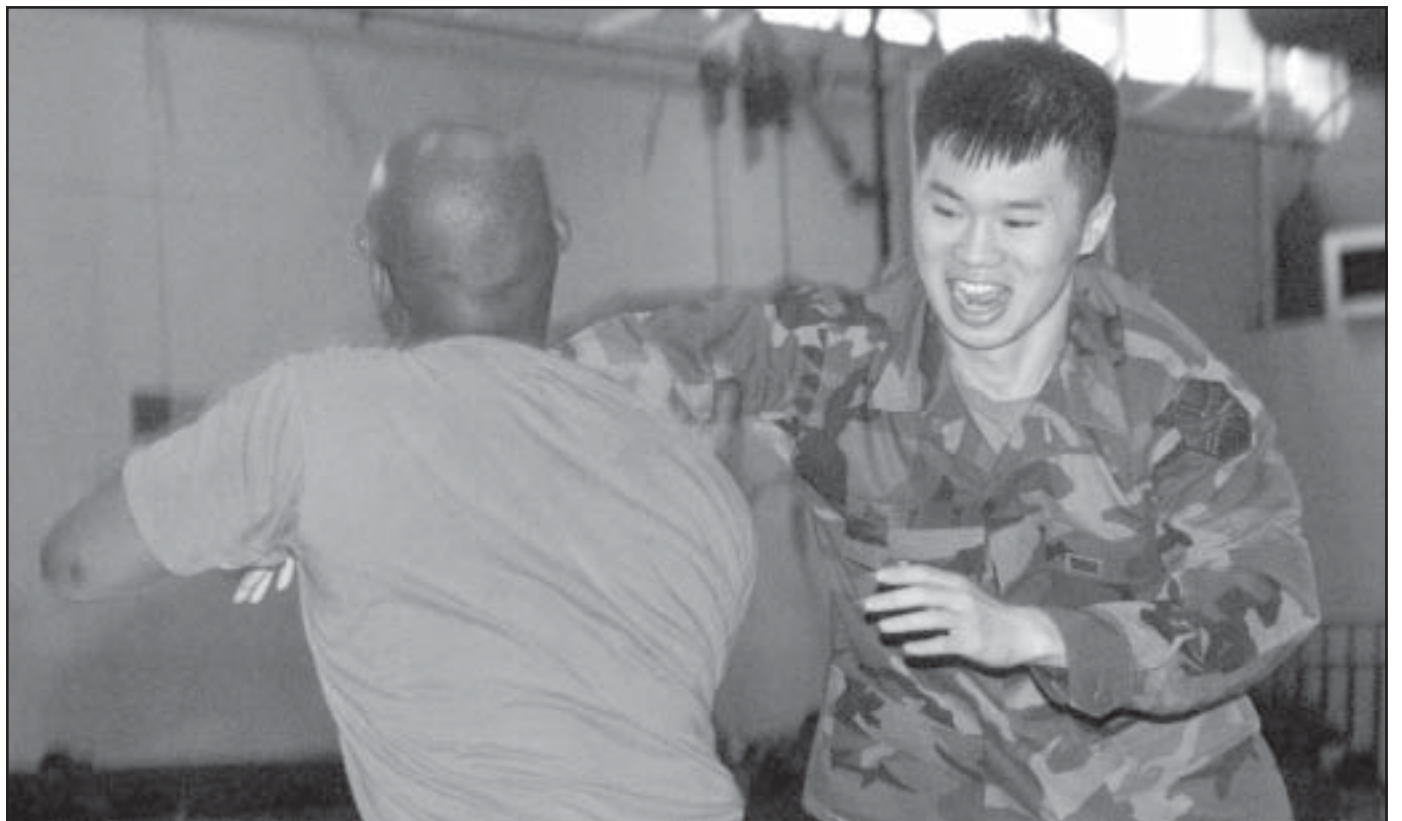
Vacancy announcement for 2005 Area IV summer hire program opens March 28 and closes April 14. Applications are available at the Area IV Civilian Personnel Advisory Center on Camp Henry. For information, call Karyn Smith at 768-7128.

Tax Centers Open

The Area IV Tax Center is now open in Bldg. 1805 on Camp Henry. For appointments, call 768-6680. The Legal Office at Camp Carroll in Building S-119 is also offering tax services. Call 765-8602 to make appointments. Tax services are also being provided by the Legal Office in the Camp Hialeah Headquarters, Building T-275. Call 763-7459/3510 to make an appointment. For additional assistance, see your unit tax advisor.

Camp Walker Library

The library has reopened following renovation. For information, call Pan Un-hwan at 764-4218.



PHOTOS BY GALEN PUTNAM

Sgt. Kareen Richardson, executes a basic takedown, or "drop knee sayo," on Cpl. No Sang-myun during combatives training held for Area IV Support Activity Soldiers Feb. 25 at Kelly Fitness Center. Hand-to-hand combat training is making a comeback in the Army as Brazilian Jiu-Jitsu-based Modern Army Combatives. The training was initiated in 1995 by the 2nd Ranger Battalion, 75th Ranger Regiment, at Fort Benning, N.C. The program has since been incorporated into the latest version of Field Manual 3-25.150 (Combatives) and is now being introduced Army-wide.

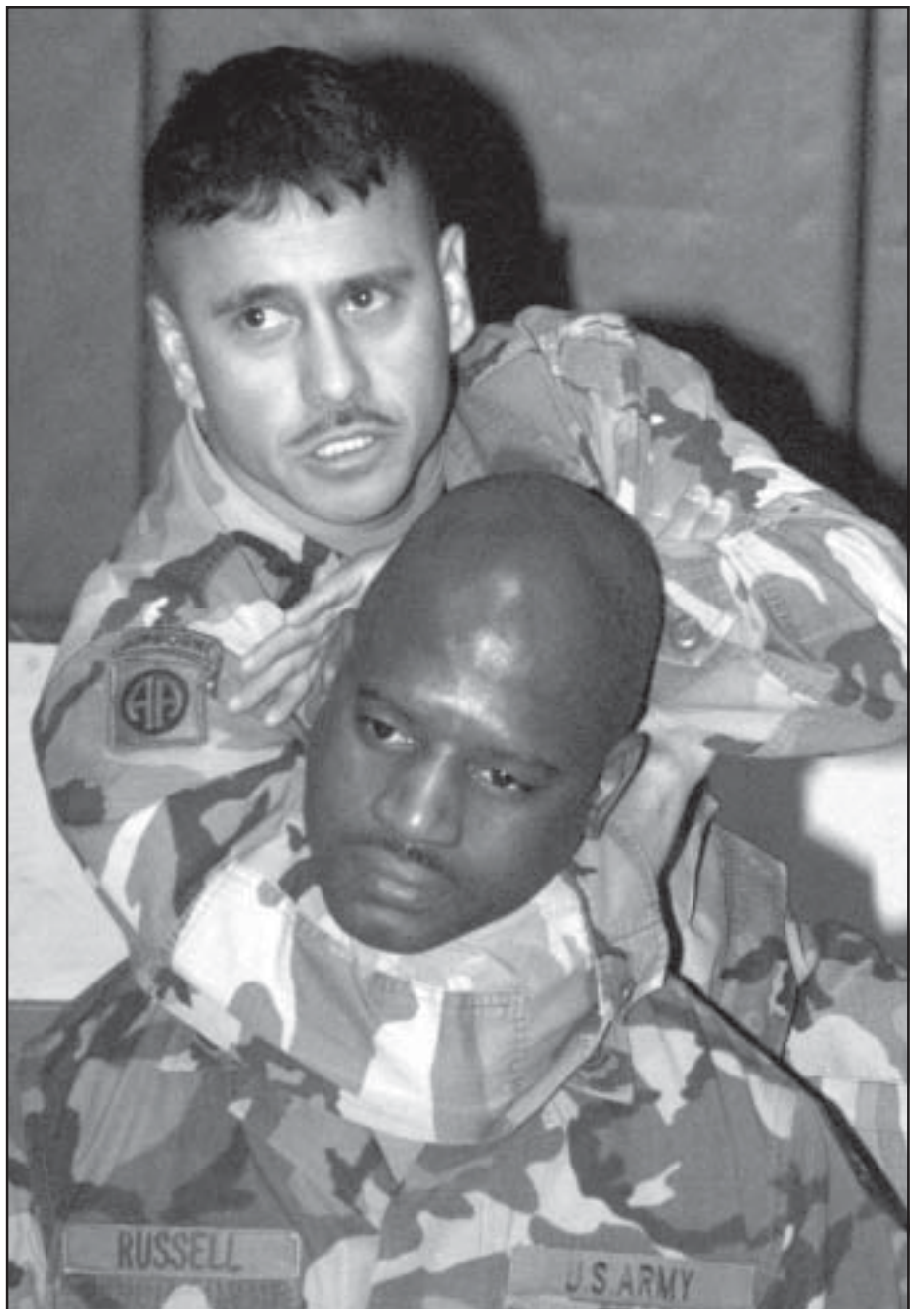


Pfc. Elise Munoz places Cpl. Choi Kwang-mook in a rear naked choke hold as Sgt. Kareen Richardson assists.



Pfc. David Jacobs struggles with an opponent during Modern Army Combatives training.

Area IV Support Activity Soldiers learn Modern Army Combatives



Master Sgt. Matthew Delay, Area IV Support Activity equal opportunity advisor and Modern Army Combatives instructor, demonstrates the "rear naked choke hold" on Sgt. 1st Class Calvin Russell during combatives training.

Rehearsal of concept drill preps key players for annual RSOI exercise

By Master Sgt. Kimberly Williams

19th Theater Support Command Public Affairs

Leaders attending the Rehearsal of Concept Drill held Feb. 21-24 at Camp Walker, Daegu, and Camp Hialeah, Busan, witnessed many firsts, including new participants and an operational vignette, at this annual event that leads into the Reception, Staging, Onward Movement and Integration Exercise in March.

"The purpose of ROC Drill is to introduce all of the major players in the Korean Theater of Operations to the RSOI process, procedures and responsibilities," said Lt. Col. Tina S. Kracke, chief of plans, Support Operations, 19th Theater Support Command.

The approximately 120 participants included Lt. Gen. Charles C. Campbell, commander, Eighth U.S. Army, Maj. Gen. Thomas P. Kane, deputy chief of staff, U.S. Forces Korea/United Nations Command, Brig. Gen. Timothy P. McHale, commander, 19th TSC, Brig. Gen. H.T. Landwermeyer Jr., director, U.S. Army Installation Management Agency Korea Region Office, and representatives from almost all EUSA major subordinate commands.

Eighth U.S. Army is responsible for the ROC Drill, said Kracke, but the 19th TSC hosts and executes the event in conjunction with other EUSA MSCs.

The ROC Drill typically consists of two parts, she said. First, participants are given an overview of the RSO process in a classroom-type environment. Then, site visits are conducted to locations, mainly in Busan, where units will actually go through the RSO process.



CPL. HWANG KYOO-WON

Participants at the RSOI ROC Drill Feb. 21-24 receive a briefing on U.S. Army Preposition Site - 4 equipment at Camp Carroll during a site visit there. This ROC Drill included foreign officers from the United Nations Command for the first time.

This year, participation from U.S. Forces Korea and United Nations Command was much higher than in the past, Kracke said. For the first time, foreign officers under UNC attended, representing France, Columbia, Australia, Great Britain, Canada and Thailand.

"Their participation added an awareness of potential responsibilities to our allies," said Edward Little, deputy chief of plans, SPO.

In addition to new participants, two events were added to the ROC Drill. An operational vignette using a large floor map of the Korean peninsula was conducted during the overview portion, said Kracke.

"The map allowed the participants to spatially visualize the area of operations and then to

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ROC

from Page 27

synchronize the actions and activities of the major players,” she said. “Additionally, it generated discussion and triggered ideas of how to do things better.”

The second addition was a site visit to Camp Carroll, where participants were able to view the U.S. Army Preposition Site - 4 equipment located there, said Kracke. This equipment is prepositioned

in Korea to be used in contingency operations.

Participants enjoyed the site visit.

”This is a great opportunity for me to take a look at what equipment we use during RSOI,” said Col. Mark D. Calvo, EUSA deputy G-6 and officer-in-charge of Detachment 2, 311th Theater Signal Command. “I got the chance to learn what kind of support we get from the Army and how the process

works during war time.”

Months of planning went into making the ROC Drill a success, said Little, who started the planning process in November, along with Maj. Robert Abbott, SPO, and Maj. Eric Griffin, plans officer in charge, 20th Area Support Group.

Little, who has now coordinated three ROC Drills, said planning this exercise is extremely time intensive.

“The biggest challenge is getting everyone’s briefs and input in a timely manner to have them ready for the ROC Drill,” he said.

Because it takes close to 50 military and civilian personnel to support the event, Little said it was essential to have a strong senior noncommissioned officer to act as “task manager.”

Support personnel must set up the sites, audio visual equipment, chairs and heating and perform driving missions, he said adding that Sgt. Maj. Lorria Anderson, plans sergeant major, SPO, kept things running smoothly behind the scenes.

A full dress rehearsal of the ROC Drill was held Feb. 14-17 with approximately 100 participants. Primary staff who cannot make it to the ROC Drill, deputies and executive officers are invited to attend the dress rehearsal. This allows maximum participation, and it allows the event planners to work out the kinks and make sure everything runs smoothly for the actual ROC Drill, Kracke said.

Overall, the ROC drill was a huge success, added Kracke. “This is the only exercise that walks you through a process and allows commanders to visualize and relate actions to an actual geographic area,” she said.

“We raised the level much higher than ROC Drills in the past,” said McHale.



CPL. HWANG KYOO-WON

Senior leaders at the RSOI ROC Drill Feb. 21-24 participate in an operational vignette, using a map of the Korean peninsula. The vignette allowed the leaders to visualize the reception, staging and onward movement process.

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봄철 황사의 피해를 줄이려면

일병 서기철

싱그런 산록의 내음을 만끽하는 것도 잠시, 매년 이맘때만 되면 황사라는 반갑지 않은 손님이 우리나라에 찾아오곤 한다. 그것은 바로 황사현상인데 연중내내 미미한 양이나마 유입되고 있으며 특히 비교적 그 양이 상당한 봄철 황사현상은 인체 호흡기질환과 피부질환을 호소하는 환자들을 증가시키고 있으며 각종 금속제품과 원자재의 손상의 원인이 되기도 한다. 이번호에서는 이러한 봄철 황사의 피해를 최소화하기 위한 방법에 대하여 알아보도록 하자.

** 황사현상이란?

황사현상은 봄철 중국대륙이 건조해지면서 고비사막, 타클라마칸 사막 등 중국과 몽골의 사막지대 및 황하 상류지대의 흙먼지가 강한 상층기류를 타고 3천~5천m 상공으로 올라가 초속 30m정도의 편서풍에 실려 우리 나라에 날아오는 것이다.

황사 알갱이 크기는 10~1000 μ m (1 μ m는 100만 분의 1)까지 다양하다. 1000 μ m의 입자는 통칭 황사(sand)라고 하며, 10 μ m의 입자는 황진(dust)으로 부른다. 우리 나라에서는 황사 현상이 연간 2~5일 정도이고 주로 4월에 관측되고 있으며, 「아시아의 먼지」라고 부르기도 한다.

**황사 발생 시 건강관리

황사기간 중 한 사람이 흡입하는 먼지의 양은 정상시의 3배에 이르고 금속성분도 종류에 따라 2배에서 10배 가량 많아진다고 한다. 따라서 황사현상이 심한 기간에는 기관지염이나 천식환자, 평소 눈이 약한 사람은 특히 주의를 해야 한다.

-알레르기성 결막염

황사현상이 지속되면 제일 먼저 눈병환자가 급증해 안과가 붐비게 된다. 황사와 봄철의 건조한 공기는 자극성 결막염과 알레르기성 결막염을 일으키기 때문이다.

알레르기성 비염과 동시에 나타나는 결막염으로, 특히 눈이 가렵고 눈물이 많이 나며 빨갛게 충혈되고 눈에 뭔가 들어간 것 같은 이물감을 느끼는 것이 주된 증상이다. 눈을 비비면 끈끈한 분비물이 나오고 증세가 심할 경우 흰자위가 부풀어오르기도 한다.

이때는 외출을 삼가는 것이 상책이다. 부득이 외출해야 할 경우 보호안경을 끼고 귀가 후에는 미지근한 물로 눈과 콧속을 깨끗이 씻어낸다.

그러나 소금물은 눈을 자극하므로 피해야 한다. 결막염 초기 증세가 의심되면 깨끗한 찬물에 눈을 대고 깜빡거리거나 얼음찜질을 해주면 증세를 누그러뜨릴 수 있다.

그래도 낫지 않으면 즉시 전문의를 찾아 처방에 따라 안약을 써야 한다. 함부로 자가 진단해 안약을 장기간 사용하면 녹내장이나 백내장 등 더 큰 병을 불러일으킬 수 있으므로 주의해야 한다.

-알레르기성 비염

재채기가 계속되고 맑은 콧물이 흐르거나 코막힘 등이 주요증상이다.

초·중·고생의 30%, 성인의 10% 정도가 크고 작은 코 알레르기 증상을 갖고 있는 것으로 추정된다.

증상이 심하면 항히스타민제를 사용해 콧물이나 코막힘을 줄일 수 있으나, 졸립거나 입이 마르는 부작용이 따른다.

코점막 충혈을 완화하기 위해 혈관수축제를 콧속에 뿌리기도 한다. 크로몰린 소디움을 미리 코에 뿌려주면 예방할 수 있다. 면역주사로 체질을 바꾸는 방법도 있으나 3~5년 장기치료를 받아야 한다.

-기관지 천식

우선 공기중의 황사가 폐로 들어가면 기도 점막을 자극해 정상적인 사람도 호흡이 곤란해지고 목이 아프다. 특히 기관지가 약한 천식환자나 폐결핵 환자가 황사에 노출되면 호흡이 아주 곤란해지는 등 위험한 상태에 빠질 수도 있다.

천식의 증상은 기침을 갑자기 심하게 연속적으로 하면서 숨이 차고 숨쉴 때마다 쉼쉼거리는 소리가 난다. 밤늦게 혹은 새벽에 발작적으로 기침이 나와 환자와 주위 사람을 괴롭힌다. 알레르기성 천식은 알레르기 원인물질이 기관지 점막을 자극해 기관지가 좁혀지는 과민반응 때문에 나타난다. 전문의를 찾아 치료해야 하며, 병원에서는 소염제와 기관지 수축을 완화하는 기관지확장제를 쓴다.

따라서 천식환자는 황사가 심할 때는 외출을 삼가고 가급적 실내에 머무는 것이 좋다. 실내에서도 외부의 황사가 들어올 수 있으므로 공기정화기로 정화를 시켜주어야 한다. 또 공기도 건조해지기 쉬우므로 가습기를 사용해 습도를 높여주어야 한다.

이처럼, 황사 발생 시는 각종 눈병, 호흡기 질환은 물론 피부질환도 크게 늘어 어린이나 노약자의 경우 고통을 받게 된다. 따라서 전문의들은, 가급적 외출을 삼가고, 외출 시에 황사에 노출되지 않도록 긴소매 옷을 입고, 귀가 후에는 반드시 손과 발 등을 깨끗이 씻도록 권고하고 있다.

**황사 발생 시 자동차관리

황사는 자동차에도 좋지 않은 영향을 준다. 미세한 먼지가 쌓여 자동차의 여러 부품들이 손상되거나 제 기능을 다하지 못해 성능이 떨어질 수 있다.

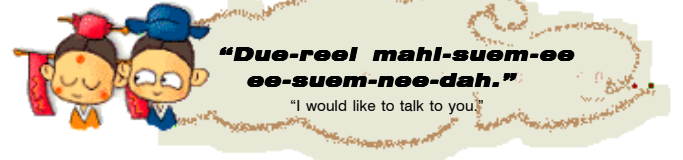
황사현상이 계속될 때에는 창문을 닫고 흡입공기 조절레버를 외부의 공기가 들어오지 않도록 조작해 놓아야 한다. 그리고 워셔액을 충분히 뿌려주어서 와이퍼 블레이드와 유리면 사이에 달라붙은 흙먼지와 마찰로 인한 유리표면의 손상이 없도록 해야 한다. 또 자주 본넷을 열어서 에어클리너 필터에 낀 먼지와 각종 전기장치에 쌓인 먼지를 털어 내는 것이 좋다. 부드러운 천이나 스펀지에 세제를 묻혀 차 내부까지 닦아주면 쾌적한 운전을 할 수 있다.

This article is about
"The way to prevent the
bad effect of Yellow Dust".

Learn Korean Easily



Language Instructor
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
ae		yeh		weh	wah	wuh	wee		ui		

Word of the week

말씀

ㅁ ; m, ㅏ ; ah, ㅓ ; |
ㅆ ; s, ㅡ ; ue, ㅛ ; m
'mahl-suem' a talk

The phrase of the week

"Please talk to me."

저에게 말씀 하십시오.

Joe-eh-geh mahl-seum hah-sheep-shee-oh.

to me

talk

Please

Conversation of the week

제 희망이 있습니다.

I am hoping to do something.

Jeh hwee-mahng-ee
ee-suem-nee-dah.

무엇입니까?

What is it?

Moo-oe-sheem-nee-ggah?

(한국어)를 배우고 싶습니다.

I hope to learn (Korean).

(Hahn-gook-oe)-ruel baeh-
woo-go sheep-suem-nee-dah.

제가 가르쳐드릴까요?

May I teach you, please?

Jeh-gah gah-rue-chyoe-
due-reel-ggah-yo?

정말이십니까?

Are you sure?

Joeng-mahl-ee-sheem-nee-
ggah?

물론입니다.

Of course.

Mool-lohn-eem-nee-dah.

(요리) (yo-ree) (cooking)

(야구) (yah-goo) (baseball)

Share this column with a Korean co-worker.